In this Newsletter I include recent research on the treatment of every type of medical condition imaginable. So, whatever your health concern might be, one of my Newsletters will contain the vital information you have been seeking.

This Newsletter concentrates solely on cardiovascular health. If you enjoy reading this WELLNESS Newsletter please “Like” us using any (or ALL) of the social networking site buttons above. Please feel free to make comments and/or Share the article with your friends also.

HEART SPECIALIST CALLS FOR MAJOR REPOSITIONING ON SATURATED FAT, AS IT DEFINITELY IS NOT THE CAUSE OF HEART DISEASE

For the past 60 years, conventional medical authorities have warned that saturated animal fats cause heart disease and should be severely restricted in a heart-healthy diet. An important editorial written by an interventional cardiology specialist in the British Medical Journal (2013; 347) says it’s time to bust the myth that saturated fat consumption causes heart disease.

Reducing saturated fat intake reduces large, buoyant (type A) LDL particles. But it’s the small, dense (type B) particles that are implicated in heart disease, and these respond to reductions in carbohydrate consumption. A high-sugar diet raises your risk for heart disease by promoting metabolic syndrome—a cluster of health conditions, including: high blood...
pressure, insulin- and leptin resistance, high triglycerides, and visceral fat accumulation.

To reverse or avoid insulin and leptin resistance, you need to: Avoid sugar, fructose, grains, and processed foods; eat whole foods; and replace the grain carbs with high quality healthful fats. [http://tiny.cc/b4d75w](http://tiny.cc/b4d75w)  [http://tiny.cc/c5d75w](http://tiny.cc/c5d75w)

**STUDIES SHOWING SATURATED FAT IS NOT ASSOCIATED WITH INCREASED HEART DISEASE RISK**

Mounting scientific evidence supports saturated fat as a necessary part of a heart healthy diet, and firmly debunks the myth that saturated fat promotes heart disease. For example: In a 1992 editorial published in the *Archives of Internal Medicine*, Dr. William Castelli, a former director of the Framingham Heart study, stated: "In Framingham, Mass., the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower the person’s serum cholesterol. The opposite of what... Keys et al would predict...We found that the people who ate the most cholesterol, ate the most saturated fat, ate the most calories, weighed the least and were the most physically active." A 2010 meta-analysis, which pooled data from 21 studies and included nearly 348,000 adults, found no difference in the risks of heart disease and stroke between people with the lowest and highest intakes of saturated fat.

Another 2010 study published in the *American Journal of Clinical Nutrition* found that a reduction in saturated fat intake must be evaluated in the context of replacement by other macronutrients, such as carbohydrates. When you replace saturated fat with a higher carbohydrate intake, particularly refined carbohydrate, you exacerbate insulin resistance and obesity, increase triglycerides and small LDL particles, and reduce beneficial HDL cholesterol. The authors state that dietary efforts to improve your cardiovascular disease risk should primarily emphasize the **limitation of refined carbohydrate intake, and weight reduction.**

The following foods are high in healthy saturated fats - Avocados, Butter made from raw grass-fed organic milk, Raw dairy, Organic pastured egg yolks, Coconuts and coconut oil, Unheated organic nut oils, Raw Nuts, such as, almonds, pecans, macadamia, and seeds and Grass-fed meats. [http://tiny.cc/c5d75w](http://tiny.cc/c5d75w)

**YOU HAVE BEEN LIED TO ABOUT CHOLESTEROL AND SATURATED FATS**

"Heart of the matter part 1 - dietary villains" – ABC Catalyst (Thursday, 24 October 2013)

[http://www.abc.net.au/catalyst/stories/3876219.htm](http://www.abc.net.au/catalyst/stories/3876219.htm)

The following quotes have been extracted from the ABC program "Catalyst" broadcast on Thursday, 24th October 2013. The link above will take you to the ABC Catalyst broadcast.

**Dr Jonny Bowden**

After the age of 47, high cholesterol is probably protective. The people who had the highest cholesterol lived the longest, much to the amazement of a lot of the researchers. The people who ate the most cholesterol, ate the most fat, actually weighed the less and were the most active.

**NARRATION**

One of the Framingham researchers became so dismayed with the results, he wrote a scathing review of the whole diet-heart hypothesis, saying that people had been misled ‘by the greatest scientific deception of our times, the notion that animal fat causes heart disease’. Hundreds of articles refuting the cholesterol hypothesis have been published in the world’s leading medical journals, but they rarely get noticed by mainstream media.

**Dr Jonny Bowden**

Here's the part that nobody talks about. See, you think that in the group that had the double-digit reduction in heart disease, their cholesterol levels must have plummeted, right? Their cholesterol levels didn't budge. Both groups had the same cholesterol levels, except one group just stopped dying. So, so much for the relationship between cholesterol and the risk for heart disease.

**NARRATION**

Dr Sinatra says blaming cholesterol for causing plaques is like blaming firemen for causing fires, just because they're always at the scene.

**Dr Stephen Sinatra**

Cholesterol is really not the villain. I mean, we need it to live. The problem is cholesterol is involved in a repair process. Look, cholesterol is found at the scene of the crime, it's not the perpetrator. And where I sit now, as a cardiologist, practising cardiology for over four decades, it's very low down on my list of risk factors.

**Dr Stephen Sinatra**

Well, the inflammatory theory of heart disease I think is accepted more and more now. I think the general cardiovascular community is still focusing on
cholesterol. They need to focus more on inflammation, and that's where, you know, emotional stress...

But sugar. Sugar is really the fall when it comes to cardiovascular disease. You see, we've placed all this emphasis on cholesterol, we've taken it off sugar, and that's the problem. Then you're getting more insulin responses, and we know that insulin is the number one indicator for inducing what we call inflammation of blood vessels.

Dr Jonny Bowden
Sugar is far more damaging to the heart than fat ever was, and we're beginning to see this now. So, this focus on cholesterol has been incredibly destructive because we haven't looked at these real promoters of heart disease - inflammation, oxidative damage, sugar in the diet, and number one with a bullet - stress.

Dr Jonny Bowden
Margarine is the perfect example of the stupidest nutritional swap-out in history. We had this trans fat-laden crappy manufactured product that we were eating because we were so phobic about saturated fat and cholesterol.

Dr Stephen Sinatra
To switch to polyunsaturated fats with the vegetable oils, that's horrific advice. The polyunsaturated fats, the vegetable oils, these omega-6 oils, are inflammatory because they're very prone to oxidation.

Dr Michael Eades
We've absolutely been given the wrong advice. People became afraid of saturated fat, so they said, 'OK, we've got to do something to replace the saturated fats, and so let's do it with vegetable oils.' Well, vegetable oils don't have the same cooking qualities that saturated fats do. Polyunsaturated fats have a lot of double bonds in them, and double bonds are prone to free radical attack.

It becomes a rancid fat, and it becomes really bad for you. Saturated fats, on the other hand, have no double bonds. That's why they're incredibly stable. That's why they're great for cooking. That's why they're great for frying. They don't really perpetuate free radical cascades in the body, because they're inert fats.

NARRATION
Dr Eades says butter and coconut are not harmful to your health, and recommends those fats over the omega-6 vegetable oils. When vegetable oils are used to manufacture margarine, they undergo a process called partial hydrogenation, which results in the formation of industrial trans fats, and everybody agrees they're bad for you.

It's important to look for products that have them removed, although Australia doesn't have mandatory labelling of them. Junk food, for example, is riddled with industrial trans fats. The omega-3s, another type of polyunsaturated fat - found in fish, for example - are thought to counter the inflammatory effects of omega-6s.

NARRATION
This is thought to be why the Mediterranean diet was so successful. It was higher in omega-3 fats, not to mention it was low in refined carbohydrates like sugar, and rich in antioxidants.

Dr Stephen Sinatra
It took decades to really entrench this myth. It's probably going to take a few more decades to get us out of this myth. But to vilify saturated fats I think is one of the worst things the medical profession has done.

Dr Ernest Curtis
I'd love to see the medical establishment saying, 'Whoops, we were wrong'. That's not going to happen. Frankly, that generation is going to have to die off, and perhaps the generation coming up can do better.

Dr Stephen Sinatra
We created this new disease called hypercholesterolaemia. And if we created this new disease, we got to create drugs to neutralise it. Are there corporations and billions of dollars and money behind this? Absolutely.

NATTOKINASE AND CARDIOVASCULAR HEALTH
Say It Ain't Soy! Yes, but this soybean is different! What makes it different is simple. After hours of fermentation, the boiled soybeans metamorphose to an ancient medicinal food called "natto" pronounced "nah'-toe". Natto may just be the "perfect food" producing 18 valuable amino acids and an enzyme nattokinase that may challenge the pharmaceutical industry's best "blood-clot busters". Natto, which has recently attracted attention throughout the world, is the third most popular type of fermented soybean in the Japanese diet. Japan has the highest average longevity in the world, which may partly be attributed to a high consumption of natto.

When compared with ordinary soybeans, the natto produces more calories, protein, fibre, calcium, potassium and vitamin B2. Its high protein and economical price in terms of protein per gram has
Nattokinase produces a prolonged action in two ways: it prevents the formation of thrombi and it dissolves existing thrombus. Nattokinase orally administered to twelve healthy adults indicated elevations of the breakdown products of the fibrin and the ability of the blood to breakdown fibrin called euglobulin fibrinolytic activity (EFA). These results suggest the ability of Nattokinase to accelerate fibrinolysis in the blood for a prolonged period of time. FDP levels in the adults drastically increased 4 hours after the administration of the nattokinase indicating that fibrin within the blood vessels is gradually being dissolved with repeated intake of nattokinase. By measuring EFA & FDP levels, the activity of nattokinase has been determined to last from 8 to 12 hours. An additional parameter for confirming the action of nattokinase following oral administration is a rise in blood levels of tissue plasminogen activator (TPA) antigen, which indicates a release of TPA from the endothelial cells and/or the liver and the endogenous production of plasmin (the body’s blood clotting buster).

Researchers from Miyazaki Medical College and Kurashiki University of Science and Arts in Japan studied the effects of nattokinase on blood pressure in both animal and human subjects (see below). In addition, the researchers confirmed the presence of inhibitors of angiotensin converting enzyme (ACE) within the test extract, which consisted of 80% ethanol extract of lyophilised viscous materials of natto. ACE causes blood vessels to narrow and blood pressure to rise - by inhibiting ACE; nattokinase has a lowering effect on blood pressure.

The same natto extract was then tested on human volunteers with high blood pressure. Blood pressure levels were measured after 30 grams of lyophilised extract (equivalent to 200 grams of natto food) was administered orally for 4 consecutive days. In 4 out of 5 volunteers, the systolic blood pressure (SBP) decreased on average from 173.8 + 20.5 mmHg to 154.8 + 12.6 mmHg. Diastolic blood pressure (DBP) decreased on average from 101.0 + 11.4 mmHg to 91.2 + 6.6 mmHg. On average, this data represents a 10.9 percent drop in SBP and a 9.7 percent drop in DBP.

**Conclusion:** Nattokinase is a particularly potent treatment because it enhances the body's natural ability to fight blood clots in several different ways and has many benefits including convenience of oral administration, confirmed efficacy, prolonged effects, cost effectiveness, and can be used preventatively. It is a naturally occurring, food dietary supplement that has demonstrated stability in the gastrointestinal tract. The properties of nattokinase closely resemble those properties of plasmin so it dissolves fibrin directly! More importantly, it also enhances the body’s production of both plasmin and other clot dissolving agents, including urokinase (endogenous). Nattokinase may actually be superior to conventional clot-dissolving drugs such as recombinant tissue plasminogen activators (rt-PA), urokinase, and streptokinase, which are only effective therapeutically when taken intravenously within 12 hours of a stroke or heart attack. Nattokinase, however, may help prevent the conditions leading to blood clots with an oral daily dose of as little as 2,000 fibrin units (FU) or 50 grams of natto, available in Toowoomba for $1.20.

Nattokinase may prove to be a defibrinogenating enzyme that drastically decreases blood viscosity. Decreasing blood viscosity strikes at the root of arteriosclerosis and atherosclerosis as well as hypertension, peripheral vascular disease and congestive heart failure. The fibrinolytic activity of nattokinase resolves the active process of atherosclerosis and lyses thrombi. Oral administration, prolonged half-life of 4-6 hours and extremely safe profile show favorably upon nattokinase as the key agent for restoration of vasculature health.

http://tiny.cc/jie75w

For more information on acupuncture or Earthing™, or to make an acupuncture appointment give us a call on 4636 6100.

The Clinic is located at 216 Ramsay Street, Middle Ridge, 5 houses south of Kate’s Place, directly opposite the Blue Care Nursing entrance, and beside the Story Farm Park. Parking signage is present. Follow the pavers to Entry signs to the Clinic at the rear of the house.

4636 6100
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**MISSION STATEMENT:**
“I aim to get my patients as WELL as possible, as quickly as possible, and then to keep them WELL”.