



When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease  
Terri Guillemets

# Cardio Care

Remède Physique Newsletter

Late Winter

## Heart Disease is an Inflammatory Condition

Atherosclerosis is a disease of the arterial wall that leads to narrowing and obstruction of the artery.

Before atherosclerosis begins to develop, the endothelium (a thin layer of cells that lines the inside walls of our blood vessels and heart) has to be dysfunctional.

The endothelium performs many jobs in the body, from blood coagulation and hormone production

to balancing electrolytes and other substances in the tissues to playing a major role in inflammation and repair in the body.



Continued on

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*All diseases begin in the gut ~ Hippocrates*

## Summary

Normally the healing process of any injury goes through two stages: inflammation and repair.

With atherosclerosis inflammation never stops. Heart disease was virtually unknown until we began eating processed carbohydrates that cause a state of perpetual inflammation.

## The Diet-Heart Hypothesis is a **MARKETED MYTH**

Since the 1950s we have all been overwhelmed with the false information that ‘cholesterol and dietary fats clog up our arteries and cause heart disease.’

Study after study has proved that there is no correlation between fat consumption and dying from heart disease.

To understand how the diet-heart myth got started and why it became so popular I recommend reading the book Put Your Heart in Your Mouth by Dr. Natasha Campbell-McBride. In addition to being an entertaining and informative read, Dr. Campbell-McBride gives a comprehensive list of medical studies that disprove the diet-heart hypothesis.

To sum up the myth, essentially, dietary fat and cholesterol were falsely accused of being the perpetrators of a crime because they were found at the scene of the crime.

Imagine that there is a big black muscle car filled with gun toting gangsters. On the side of the car is written the word INFLAMMATION. INFLAMMATION is driving up and down the roads (the blood vessels) tearing up the track whilst the passengers (chemicals and infections) are shooting holes in the walls.



### **We All Need Cholesterol**

- Saturated fats and cholesterol make the walls of all cells firm – without fats and cholesterol the cells will become flabby and fluid. Cholesterol is the primary constituent that gives cell membranes their integrity.
- Around 25% of all the cholesterol in the body is utilized in the brain.
- Synapse formation is almost entirely dependent on cholesterol.
- Myelin, one of the most abundant materials in the brain and nervous system, is 20% cholesterol.
- Cholesterol is a healing agent in the body, acting as an antioxidant to mend free-radical damage.
- Cholesterol is also a powerful anti-inflammatory agent, preventing the formation of pro-inflammatory lipids.



**Cholesterol is a Healing Agent**

### **Meanwhile at the Scene of the Crime**

Along comes the Emergency Medical Services ambulance. Inside are the Emergency Medical Technicians: white blood cells and cholesterol. They follow behind INFLAMMATION and try to patch up the damage.

Blaming cholesterol for heart disease is like accusing an EMT of being a drive by shooter.

Yes, the EMT is at the scene of the crime, but the EMT did not CAUSE the crime. There is an important and significant difference.

cont.

Before atherosclerosis can begin to develop the endothelium has to be in a specific condition.

Endothelial dysfunction occurs when the endothelium cannot perform its many functions properly: its ability to regulate blood clotting and viscosity is compromised; it cannot normalize cardiovascular muscle tone; it cannot control the immune response, inflammation or repair; and it loses the ability to effectively produce hormones to communicate between the blood and the rest of the body.

## Plaque Formation

Inflammation is the normal way for our bodies to respond to an injury. Inflammation occurs when injured cells release a group of chemicals that send a message to white blood cells to come clean up debris at the site of injury. After the white blood cells do their work, tissue repair begins. When chronic inflammation occurs this process of repair becomes dysregulated and the formation of never-healing lesions (atherosclerosis) occurs.

1.

Stage One: a damaging agent in the bloodstream attacks the endothelium.

2.

Stage Two: while inflammation is ongoing, the process of repair begins. The inflammation does not stop, causing plaque to begin to form during the repair process.

3.

Stage Three: if inflammation persists, the plaque accumulates a crumbly, fatty core made of dead white blood cells, tissue debris, toxins and oxidized fats and cholesterol.

At any stage in its development an atherosclerotic plaque can be reduced in size, or removed altogether.

## What Causes Atherosclerosis?

Endothelial dysfunction is caused by:

### Man-made chemicals found in:

- personal body care products
- laundry and dish-washer detergents
- prescription and over-the-counter drugs
- herbicides, pesticides and other agricultural chemicals
- drinking water as chlorine, fluoride, nitrates and other contaminants
- industrial pollution

Tobacco: smoke and smokeless

Processed Foods: nutritionally empty and full of added chemicals, altered proteins, carbohydrates and trans fats

Infections: Chlamydia pneumonia, H.pylori, Herpes zoster and Bacteroids gingivalis

Abnormalities in Gut Flora: a lack of healthy probiotics in the gut

Nutritional Deficiencies: including vitamin D, amino acids, vitamins, minerals and essential fats

Metabolic Syndrome: a situation where you blood is full of sugar (glucose) and the hormone insulin. This creates a pro-inflammatory environment in the body.

## So, what do you do to prevent atherosclerosis?

1. Stop eating processed foods. The more food is processed, the more nutrient depleted and chemically altered it becomes. Our bodies were not designed to subsist on these changed foods.
2. Stop polluting your body with chemicals. Remember, human skin absorbs most things from the environment very efficiently; in some cases even better than the digestive system!
3. Exercise: moderate consistent exercise is the best for your heart and overall health.

*The cause is within us. The cure is within us. When we know this our concept of disease is no longer that of something fixed upon the body cells, which must be purged, cut or burned away. It is not something coming in from the outside, which we cannot prevent. Rather it is a change from within, and we must find the reason why the body changes its perfect pattern to vibrate to discord rather than to harmony. ~Rebecca Beard, 1951*

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Thank you for your interest and support.

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