

CARDIOVASCULAR DISEASE and it's Link with Nutritional Deficiencies

Cardiovascular disease is a degenerative condition that affects more people and takes more lives than any other disease. Cardiovascular disease claims the lives of one-half of the population and is the leading cause of death in men and post-menopausal women. Decades of time and billions of dollars have been spent on the “war against heart disease.”

January 15, 1995, the New York Times reported that we were winning the war on heart disease because from 1982-1992, the mortality rate from CVD decreased by 24%. Later in the article, the Times admitted that during the same 10 year period, the **Incidence of Heart Failure Doubled**.

Mark Twain said there are two ways to lie: white lies and statistics. The Times article portrays the statistical deception that is going on concerning heart disease. For all of the enormous time and funds that have gone into CVD research, very little actual progress has been made, if by progress we mean understanding enough to prevent or reverse the disease.

Researchers in the early part of the last century watched CVD progress from a relatively rare problem to mans number one killer. A lot of insight into the causes of CVD can be gleaned from their writings. These researchers watched the rise of CVD exactly parallel the widespread introduction and practice of refining grains and hydrogenating oils. These processes remove all of the nutrients and introduce back some very potent toxins such as bleach (grains) and trans-fats (oils) into the food supply.

Consider the meaning of the term “degenerative disease.” The body is breaking down, degenerating and consequently, malfunctioning and falling apart. Common sense would dictate that the first place to look when something is malfunctioning and falling apart is the materials from which it is made. If the materials from which something is built, including living systems, is poor quality (refined and junk foods) or toxic (bleach, food additives, pesticides, preservatives, trans-fats, etc.). There should be no surprise that malfunction and breakdown (degeneration) results.

Yet, this entire line of thinking is completely ignored, actively resisted and even ridiculed by conventional health care. It has also been acknowledged that if a cure for heart disease and cancer were found within the same 10 year period, it would bankrupt our economy. In this country, CVD is not prevented or reversed, but is managed by conventional medicine. Awareness and response time has dramatically improved in the last 2 decades (everyone knows the number to 911) and mortality rate has declined. This is impressive progress and should be acknowledged.

However, spending a significant part of one's life on cardiovascular medications with their host of significant side effects dramatically impinges on the quality of life and is not an acceptable long-term solution. Because all living systems are self-regenerating and self-repairing, it is possible to both prevent and reverse degenerative diseases. The starting point is acknowledging that there is an incredible and intricate design to living systems.

Since we have only scratched the surface of understanding as to how this incredible design works, our first impulse in health care should NOT be trying to redesign or alter a design we don't understand. Yet, this has been the exclusive approach of our current health care system. By taking an “alternative approach” that looks beneath the symptom(s) and tests the body's physiology and function without employing symptom altering medication, we can begin a consideration of cardiovascular disease by asking two simple questions:

1. What is missing? – deficiencies, rest, exercise, etc.
2. What is interfering? – toxicities, stress, subluxations, misinformation, etc.

Once these questions have been answered to the best of our ability, we can then provide what's missing and remove what's interfering. Our approach is to improve physiology and, thereby, improve and repair body function because the body is a self-regenerating, self-healing system.

For more information pertaining to our “Healthy Life by Design” program, please visit us on the web: www.naturalwellnesscentre.net. This article is authored by Dr. James R. Grilliot, a chiropractic physician and director of Natural Wellness Centre; phone number: 740-687-0279.