June 2017, VOLUME 3 | Issue 3

Natural Health Response

# REVERSE Your Heart Disease in 5 Easy Steps

## My Proven Protocol Stops Blood Clots, Artery Plaque, Heart Failure and MORE

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It was one of my father's favorite sayings — the definition of insanity is doing the same thing over and over again and expecting a different result.

And let me tell you something…

**The way we're treating heart disease in this country is ABSOLUTELY INSANE.**

Let me prove it to you…

HALF of the world's bypass and stent procedures are performed on Americans… and about 30 percent of adults over the age of 40 are taking a cholesterol-lowering statin.

And all these pills and surgeries haven't accomplished a darned thing.

We still have the highest rate of heart disease in the world, and cardiovascular deaths are actually INCREASING again.

That doesn't shock me. Research has shown that statins don't extend lives — and neither do angioplasties, stents, and coronary bypass surgeries.

But what does shock me is that the mainstream keeps recommending the same pills and procedures OVER. AND. OVER. AGAIN.

Like I said… it's insane.

But today is the day we get you off this merry-go-round forever.

Because I'm going to introduce you to the 5-step heart health protocol I recommend to my own patients.

It can help stop blood clots, prevent heart attacks, and even reverse heart failure.

And the best part? You won't need ANY prescription drugs or surgeries.

## WHAT'S INSIDE



## Heart Healer #1: Get Plenty of Sunlight

There are few things in nature that get a bad rap more than the sun, yet this villainized energy source is a key player in your health — especially heart health.

In fact, if you don't get enough sun on your skin every day, you're missing out on the easiest — and by far, the cheapest — way to reduce your risk of cardiovascular disease.

A large study published last year in the *Journal of Internal Medicine* set out to determine if sun exposure had any impact on your risk of dying from cardiovascular disease.

Boy did it ever!

The researchers found that women who got regular sun exposure lived an average of 1 to 2 years longer than those who didn't.

One key reason for this was because

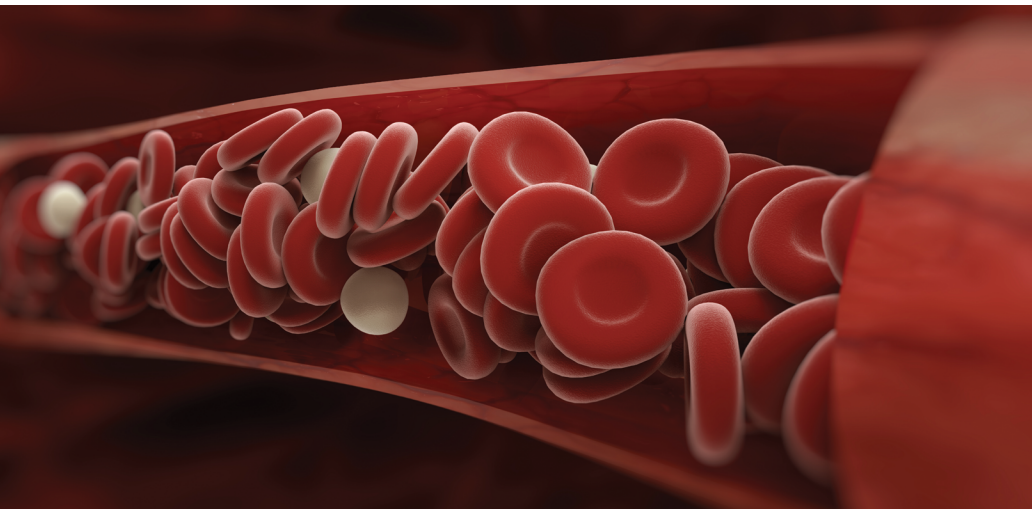
## Recommended Reading

Treating heart disease is a highly lucrative business that's producing abysmal results.

At the rate we're going, these costs could bankrupt the entire nation.

To read more about this racket, read *The Great American Heart Hoax* by preventive cardiologist **Michael Ozner, M.D.**

**You can pick it up for around $15 at www.amazon.com**



The sulfated cholesterol activated by sunlight helps red blood cells squeeze through blood vessels.

they had a significant decrease in cardiovascular disease events, such as heart attacks and stroke.

Light frequencies from the sun activate the production of sulfated cholesterol in the skin. This compound plays an important role in preventing the type of blood clotting that can trigger a heart attack or stroke.

Sulfated cholesterol also…

- Keeps our red blood cell membranes intact so that they can squeeze through the tiny capillaries in our circulatory systems;
- Helps repair damage of the inner lining of our arteries;
- Is water-soluble, which means it can easily travel to all tissues of the body.

Sulfated cholesterol also becomes sulfated vitamin D, which further reduces your risk of cardiovascular disease.

## Heart Healer #2: Magnesium

It would be hard for me to overstate the importance of magnesium in heart health.

Magnesium is at the core of most of the enzymes that are involved in energy production.

And energy production is critically important for tissues with a high-energy need, especially the heart muscle.

Magnesium has also been shown to inhibit blood clots, block calcium uptake, thin the blood, and relax the blood vessels — many of the very things prescription drugs are supposed to do!

> “Most Americans don’t get anywhere near the recommended daily allowance of 400 mg of magnesium.”

Low magnesium is associated with elevated blood pressure, which is a risk factor for cardiovascular disease such as heart attacks and strokes.

At one point in time, we were able to get all the magnesium we needed in magnesium-rich foods like leafy vegetables, nuts, legumes, whole grains, fish, and fruits.

Unfortunately, the magnesium content of food has been declining in recent years — a problem that is only compounded by the fact that 80 to 95 percent of total magnesium is removed in the processing of grains.

As a result, most Americans don’t get anywhere near the recommended daily allowance of 400 mg of magnesium.

This means that most of us would benefit from magnesium supplementation.

There are various forms of magnesium supplements, but you have to choose carefully because a lot of them aren’t well-absorbed by the body. My favorites are **magnesium glycinate** because it is very well absorbed from the gastrointestinal tract, and **magnesium threonate,** which is a more recent formulation that has been shown to penetrate the mitochondrial membrane and the blood-brain barrier.

## Heart Healer #3: Coenzyme Q10

No heart disease protocol would be complete without coenzyme Q10. Many studies show that CoQ10



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*Natural Health Response* is published monthly for US $99 per year by Health Sense Publishing, 1119 St. Paul Street, Baltimore, MD 21202-2406

supplementation can reduce the risk of cardiovascular disease, improve heart function, and can even prevent brain degeneration.

It's also been shown in studies to help reverse the symptoms of heart failure.

Like magnesium, CoQ10 plays a role in energy production, which is critical for heart health. It is involved in electron transfer to create energy in our cells' "tiny energy factories" called the mitochondria.

As with many other nutrients, CoQ10 levels decline with aging, which makes supplementation even more important.

For those over 50, I recommend the ubiquinol form of CoQ10 (rather than ubiquinone).

Ubiquinol is better absorbed through the gastrointestinal tract and acts more efficiently in the mitochondria to improve energy in our cells.

## Heart Healer #4: DHA

Another critical component for reducing cardiovascular risk is the omega-3 fatty acid DHA, which is abundant in seafood, especially cold water fish.

DHA is a special molecule in nature that transmits electric and light signals and is present in all high-energy tissues in animals.

Studies show that low levels of DHA greatly increase the risk of cardiovascular disease. And there's nothing that depletes our bodies of DHA more than eating processed food.

You can supplement with DHA, but I prefer getting my DHA from my diet. DHA is abundant in low-mercury fish like wild-caught salmon, sardines, trout, and cod.

It's also present in shellfish, which has the added benefit of containing sulfur, which is needed for the sulfation of cholesterol and vitamin D.

## Heart Healer #5: Vitamin K2

Getting enough vitamin K2 could be a matter of life and death when it comes to heart health.

The Rotterdam Heart Study of nearly 5,000 people showed that participants that ingested the greatest quantities of vitamin K2 in their diet experienced a 57% reduction in death from heart disease compared to people who ingested the least.

The reason why vitamin K2 is such a critical factor in heart health is because it helps keep calcium from building up in your arteries.

Calcium is beneficial for your bones, but deadly for your arteries because it contributes to the buildup of plaque, which restricts blood flow to the heart.

Vitamin K2 makes sure calcium goes where it's supposed to: in your bones, and out of your arteries.

That's why, whenever my patients have a coronary artery CT scan that indicates an increase in deposition of calcium in soft tissues, I always recommend supplementing with vitamin K2.

There are two types of vitamin K2: MK-4 and MK-7.

MK-4 is found in certain animal foods, like goose liver pate, egg yolks, the dark meat of chicken, and raw, grass-fed dairy.

The problem with MK-4 is that it only stays in the body for a few hours. MK-7, on the other hand, stays in your system for days.

It is found in fermented foods like natto (a fermented soy product used in Japan), and in certain cheeses like Swiss Emmental, Dutch Edam, French Brie, and Jarlsberg from Norway.

I recommend taking a supplement that contains both MK-7 and MK-4, with the total dose of at least 100–200 µg per day of total vitamin K2.

# [Warning] These Popular Antibiotics Can KILL

## They DOUBLE Your Risk of Aneurysm — So Why Do Doctors Keep Prescribing Them?

I don't care how many years you've been practicing medicine… or how tough you think you are.

Having a patient die is still a painful and emotional experience.

And it's a lot worse when you know that patient's death could have been prevented.

One of my patients, Tom, came within moments of dying not too long ago — and his story could save your life or the life of someone you love.

You see, Tom had been admitted to a hospital with pneumonia, when another doctor gave him a prescription for Levaquin, a common antibiotic.

A few months later, he developed a dissection (a type of tearing) in the aorta, one of your body's main arteries. It took emergency surgery to barely save Tom's life.

But, believe it or not, Tom isn't alone.

He was just the latest victim of a class of antibiotics called fluoroquinolones, which have left people broken, in pain, and fighting for their lives.

We've known about the incredible dangers of fluoroquinolones for years.

But, believe it or not, your risk of ending up on one of these antibiotics is now greater than ever.

### Getting "Floxxed"

The Food & Drug Administration doesn't have the backbone to pull fluoroquinolones off the market.

But the FDA has still sent a pretty strong message about these drugs — it doesn't want you or anyone you know taking them.

I'm dead serious. Let me explain.

The fluoroquinolones on the market today include:

- Avelox (moxifloxacin);
- Cipro (ciprofloxacin);
- Floxin (ofloxacin);
- Levaquin (levofloxacin);
- Noroxin (norfloxacin); and
- Tequin (gatifloxacin).

You'll notice that all of their generic names are pretty similar and include "flox." That's because these drugs are all basically knock-offs of each other.

And they harm so many people that there's become a term for it in the medical community: "Getting floxxed."

The problem got so bad… with so many people "getting floxxed"… that even the government had to step in and take action.

In 2008, the FDA slapped a black-box warning on fluoroquinolones, after a lawsuit by a citizen's group revealed that they were causing tendons to rupture.

But the problems didn't stop there… not by a longshot.

You see, fluoroquinolones damage tendons because they attack the collagen.

> "When you start messing around with mitochondria and cellular function, you're inviting all kinds of degenerative diseases to take hold."

That means they can attack collagen anywhere in your body… including your arteries.

A recent study showed that you DOUBLE your risk of an aortic aneurysm, where a bubble can develop on the artery, if you've had a recent course of a fluoroquinolone antibiotic.

These aneurysms are usually a death sentence — and the problem can start in as little as 60 days after starting on fluoroquinolones.

### Antibiotics Causing Permanent Damage?

The dangers of fluoroquinolones may go far beyond our tendons and our arteries.

We all know that antibiotics kill off the normal, healthy bacteria in our guts, along with the unhealthy bacteria.

But destroying these friendly gut bugs helps create the right environment for a *Clostridium difficile* (or *C. diff*) infection that is a common cause of death in the elderly.

Reducing the diversity of our gut flora appears to be a big health problem.

Numerous studies show the more diverse one's gastrointestinal microbiome, the healthier the person is.

An editorial in the journal *Nature* by a researcher named Martin Blaster stated that in his lab and others, there has been convincing evidence that the impact of antibiotics on our gut flora is permanent.

And now we have studies linking changes in gut flora to diseases like obesity, neurodegeneration, type I and type II diabetes, inflammatory bowel disease, allergies and asthma.

There has been evidence of other possible effects of fluoroquinolone antibiotics, including:

- Cardiac dysrythmias;
- Myasthenia gravis (an autoimmune disorder that affects the muscles);
- Aortic rupture;
- Fibromyalgia;
- Vision and hearing loss;
- Anxiety;
- Hallucinations; and
- Chronic fatigue.

The fluoride in these drugs acts as a toxin, and damages our mitochondria — the energy centers for our cells. It also lowers the ability of the water inside our cells to transmit energy.

And when you start messing around with mitochondria and cellular function, you're inviting all kinds of degenerative diseases to take hold.

## Unsafe at Any Dose

So many people have been harmed by fluoroquinolones… so many folks have gotten "floxxed"… that last year the FDA did something you almost never see.

The agency released a SECOND black-box warning, and this one wasn't messing around. It basically said…

**Don't take fluoroquinolones under ANY CIRCUMSTANCES, unless there are no other alternatives.**

That's about as clear language as you're ever going to see. Even our government — which is deep in Big Pharma's pockets — does not want very many people taking these meds.

And, still, 33 MILLION prescriptions for fluoroquinolones are being written every single year!

That's greater than the entire population of Texas!

How on Earth is this happening? Why are doctors putting so many people are risk?

Well, there are two things going on here… and neither one of them is good.

**Problem #1:** Doctors are ignoring the warnings. It may sound hard to believe, but I've found that doctors routinely ignore FDA warnings.

So they wouldn't think twice about prescribing fluoroquinolones.

Making the problem worse, lots of times these drugs are prescribed for no good reason at all. They're handed out for illnesses they can't treat, like sinus infections, colds, or bronchitis.

Studies have shown that 30% to 50% of antibiotic prescriptions may be unnecessary. `So you're getting all of the risk, for absolutely no benefit.

**Problem #2:** The bacteria in our bodies build up resistance to certain antibiotics, so doctors need to experiment with new ones (including ones that may be riskier).

This is a well-known consequence of the over-prescribing of antibiotics that's been going on for years.

If you're prescribed a fluoroquinolone antibiotic, odds are it's because of Problem #1 and not Problem #2. That's why you need to advocate for yourself.

Talk to your doctor about whether you really need the antibiotic in the first place. And, if you do, see if you can switch to something safer.

### How My Wife Got "Floxxed"

The physical damage from fluoroquinolones… or what I call getting "floxxed"… is something that hits home for me.

My own wife, Rhina, was a victim of fluoroquinolones.

She developed an infection after an elbow surgery, and was placed on Cipro by the surgeon without my knowledge.

She's an avid runner and about a month later started developing pain in her ankle. It turned out that her peroneal tendon and plantar fascia tore, causing instability in her ankle which can only be fixed with extensive surgery.

# Make Joint and Muscle Pain VANISH with the Healing Power of Light

## Soothe Those Aches with This Olympic Athletes' Secret

I've spent my entire career treating pain — and researching new and better ways to do it.

I've helped marathon runners… elite Division I athletes at the University of Arizona… and countless seniors like you looking for relief from sore muscles and joints.

And for handling these thousands and thousands of pain cases, I had the best preparation you could imagine — I raised three active boys.

My sons played sports year-round, and they were always coming home with bruises, muscle pulls, strains, and other injuries.

And while treating my own sons I came across what may be the greatest pain breakthrough of my career.

It's called low-level light therapy, or LLLT.

It's so effective at soothing even the worst pain that Olympic athletes rely on it to recover from injuries.

And if pain is controlling your life… and keeping you from enjoying the activities you love… LLLT may be the answer to your prayers.

### Pain Sufferers See the Light

More than a decade ago — when my sons were tearing it up on the basketball courts and baseball diamonds — I had an incredible tool that most doctors didn't.

I'd been given a demonstration device that consisted of a panel of red LED lights with a wavelength of 630 nm. It was one of the early at-home LLLT devices.

And I quickly learned that LLLT had the power to…

**Make pain and injuries vanish — almost like they'd never happened at all!**

Whenever there was an injury (and there were many), we would strap on the LED panel and let it perform its magic.

My kids were often better the very next day and rarely missed practices or games.

And I wasn't the only doctor catching on to the amazing pain-relief properties of LLLT.

I read recently that LED lights were regularly being used to quickly heal athletes at the Rio de Janeiro Olympic Games.

I guess my boys and I were ahead of our time!

Now, you may have heard that some physicians use another type of light treatment, called low-level laser therapy.

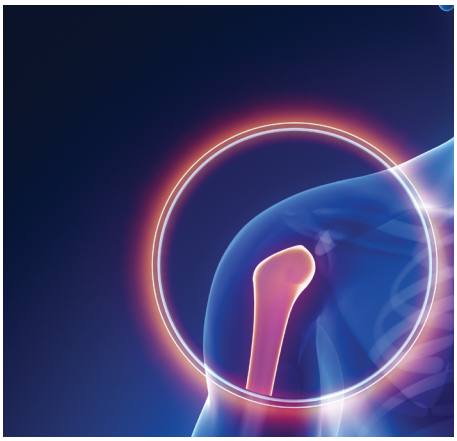
> "I've seen this treatment deliver fast results for muscle aches, arthritis, back problems, and just about every pain you can imagine"

I'll be honest with you — I'm not the world's biggest fan.

These powerful devices have to be used with a lot of caution, because they can damage tissue.

Plus it's expensive and requires multiple trips to the doctor.

Instead, I use LED lights with my patients, which are much safer



and cheaper, while still providing the same benefits.

And the results have been remarkable.

I've been relying on LLLT with LED lights for years, and I've seen this amazing treatment deliver fast results for muscle aches, arthritis, back problems, and just about every pain you can imagine.

The secret is that this light penetrates deep into your tissue to attack pain at the source.

## Healing Pain 10 Different Ways

If you're skeptical about LLLT, I don't blame you.

It doesn't seem like a simple panel of lights should be able to deliver such fast and complete pain relief.

And that's especially true if you've spent years trying just about every drug or therapy under the sun to treat your pain.

But the fact is, LLLT helps produce at least 10 amazing changes in your body that can help erase pain. Research has shown that LLLT…

1. Stimulates cytochrome C oxidase, an enzyme that releases ATP (the energy currency of our cells) and facilitates healing.
2. Directly increases the cells' energy by better by creating an electrical charge in the water of our cells (we have Dr. Gerald Pollack at Washington State University to thank for this discovery).
3. Increases blood circulation.
4. Improves the transfer of vital nutrients to cells and damaged tissues.
5. Boosts the elimination of wastes and damaging free radicals.
6. Enhances the synthesis of collagen, an important building block for bones, muscles, and connective tissue.
7. Causes a tightening of the elastin and pores of the skin.
8. Activates stem cells, which are vital to repairing and replacing tissue.
9. Decreases scarring.
10. Lessens abnormal skin pigmentation.

So how does it all work?

Well, this is where things get a little scientific — but stay with me. You've heard before that light comes in lots of different frequencies.

The color of light is actually determined by the wavelength of the photons.

The visual range goes from about 380 to 700 nm, that's violet to red.

Research has shown different benefits of the various wavelengths.

Two beneficial wavelengths are the red light from 630 to 660 nm and the near-infrared from 810 to 830 nm.

The LLLT devices you'll see at doctors' offices or in at-home

### The Versatility of Light Therapy

I predict that we will one day see LLLT as one of the greatest health breakthroughs of our time.

Not only does it improve tissue healing from injuries, it has been shown to have other uses including relief for:

- Muscle trigger points;
- Fibromyalgia pain;
- Inflammatory arthritis pain;
- Alzheimer's disease;
- Parkinson's disease;
- Skin tightening and wrinkle removal;
- Autoimmune thyroiditis (Hashimoto's disease);
- Hair loss;
- Macular degeneration;
- Kidney failure; and
- Peripheral neuropathy.

There are also devices that can improve overall health by irradiating the blood.

The VieLight is inserted into the nostril to provide light therapy to the blood for general health. The treatment is generally 10 to 20 minutes per day.

You can learn more at www.vielight.com.

The JOOV high-powered, whole-body device.

products will typically produce light at these wavelengths.

As I shared with you, the earliest device I began using produced LED red light at 630 nm. Both the red light and near-infrared frequencies are absorbed by the enzyme cytochrome C oxidase, triggering the healing mechanisms I discussed.

In other words, all light is not the same. To promote real healing, you need to have the correct wavelength

## Buying the Right LLLT Device

There are some doctors out there like me who regularly use LLLT in our practices.

But the treatment is so safe that there are now plenty of at-home devices available.

You may be asking, "Dr. G, which device should I get?"

Unfortunately, there has been such an explosion of devices on the market that this question gets tougher and tougher to answer.

It's nearly impossible to keep track of (and thoroughly review) them all.

But there are a couple of guiding principles you can follow.

There seems to be more benefit when the therapy is pulsed.

LED red and infrared devices can be pulsed at frequencies of 10 Hz and 40 Hz, with both frequencies showing benefits.

There are also LED panels that emit the red and-near infrared frequencies mentioned above, like the one I used for my kids, which are good for strapping on to areas of injury or pain.

If you have the money, the less power, the less time you need to treat a condition. The JOOV Light is a high-powered device for the whole body. **(www.joov.com)**

An inexpensive way to use light therapy is to build your own near-infrared sauna with a 250-watt heat lamp that is available at home improvement stores.

In my home, I have a canvas sauna with a panel that has four of these 250-watt bulbs that I use for light therapy and sauna detox.

You can pick one up at **www.saunaspace.com.**

These heat lamp bulbs contain light in the yellow, orange and red visible range, as well as invisible near-infrared and mid-infrared frequencies.

As a rule of thumb, be sure to discuss any proposed treatment for a medical condition with your healthcare provider before using a light therapy device.

Home saunas are becoming more affordable.