

Strategies for Recovery from Statin Drugs

This health guide is dedicated to the victims of Statin Induced Neuromuscular Degeneration, otherwise known as “Lipitor Disease.” At the time of this writing, tens of millions of people are taking statin drugs. Many have already suffered enormous health problems as a result, and it is likely that hundreds of thousands or millions more will suffer, until these drugs are banned or there is broad enough knowledge about their adverse effects so that doctors refuse to prescribe them or patients refuse to take them.

Statins and Cardiovascular Disease – The Wrong Road

In 1985, two research scientists, Michael Brown and Joseph Goldstein, were given the Nobel Prize in medicine for pioneering work in the study of cholesterol and the proteins that contain it, now referred to as High Density Lipoproteins (HDLs) and Low Density Lipoproteins (LDLs). From this research came the belief that the sheer amount of these proteins determined the progression of cardiovascular disease. To this day, most cardiology researchers firmly believe that cholesterol itself and so-called “cholesterol counts” (the amounts of HDLs and LDLs in the bloodstream) determine the progression of cardiovascular disease and the probability of heart attacks, strokes, and congestive heart failure.

The pharmaceutical industry jumped at a multi-billion dollar opportunity: if they could create a drug that limited the amount of cholesterol in the body, they would have a market for selling this drug to virtually every person on earth, since heart disease is universal. Their approach was their classic one: find a patentable, complex chemical that interferes with some intricate chemical functioning, in this case in the liver. They found that two toxic molds (*Aspergillus* and *Monascus* – called Red Rice Yeast in Japan) produced liver toxins that would lower cholesterol production. Soon thereafter there was a “statin” drug made by every major drug company – Lipitor, Crestor, Zocor, Pravachol, Baycol, Mevacor, Lescol, Advicor, etc. No one informed the public that these drugs were toxic, that they caused liver dysfunction and disease. And, as we have learned from experience, the reduction of cholesterol was actually harmful to the entire body.

Meanwhile, a young research physician named Matthias Rath, working with his colleagues in Hamburg, Germany, reported in 1990 that cardiovascular plaques were actually made of a sticky protein called lipoprotein(a). Furthermore, Rath discovered that most animals did not have any of this protein in their bloodstream, and never got heart disease. It appeared that they did not because they produce an essential nutrient in their liver – ascorbate, what is commonly called Vitamin C. Could there be a connection for humans, who cannot produce vitamin C, but must eat it to survive?

Rath worked with Linus Pauling, the famous molecular biochemist, and together they found something quite astonishing, even unbelievable: human cardiovascular disease was actually caused by long-term deficiency in vitamin C. Lipoprotein(a), the protein that cardiovascular plaques are made from, is produced in the human body to compensate for vitamin C deficiency, to produce a plaque “band-aid” to prevent us bleeding to death.

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Where vitamin C was supposed to create collagen and properly repair microscopic degradation of the artery wall, our bodies were putting a sticky protein patch that eventually built up and blocked the artery. The logical conclusion was that cardiovascular disease could be eradicated worldwide by sufficient supplementation of vitamin C from birth. Building on this research, they developed a regimen to actually reverse cardiovascular disease, using simple nutrients and amino acids.

Rath and Pauling attempted to publish an article about their astonishing discovery in the Proceedings of the National Academy of Sciences, since Pauling was an honored and esteemed member of the Academy. Publication of this article might have revolutionized doctors' understanding of cardiovascular disease and created a movement to eradicate it, but publication of the article was canceled. There was too much money to be made in treating heart disease with statin drugs, high blood pressure medications, bypass surgery, electrocardiology, angioplasty, hospital intensive care, ambulance trips. Hundreds of billions of dollars were at stake. The great contribution of these medical pioneers was marginalized to an obscure journal that is not even indexed by the National Library of Medicine - the Journal of Orthomolecular Medicine, published in Canada.

Statin "Side Effects"

But interfering with the intricate chemistry of the human body seemed to bring unwanted side effects. People began reporting muscle weakness, pain, and loss of mental clarity and memory. Baycol, Bayer's statin drug, was recalled after 31 people died from muscle breakdown and/or liver failure. Obscure warnings about muscle weakness began to appear in the product information inserts for the other statin drugs.

The promoters of these drugs do not want to acknowledge what has become scientifically obvious. Interfering with the production of cholesterol has horrible unwanted effects because cholesterol and the essential fats that it carries are necessary for the repair and replacement of the cell wall in every cell of our body. Without sufficient cholesterol, we cannot create new cells or repair cell walls. The essential fats are especially important for nerve cells and the myelin sheath around nerve cell axons. If the essential fatty acid and cholesterol components are absent and repair cannot take place, nerve cells die. Memory and muscle coordination function is lost. Without nerve control, muscles become weak and atrophy. The statin drugs also inhibit synthesis of Co-Q10, needed for muscle strength, including heart muscle.

People who have suffered from statin-induced disease have reported symptoms similar to ALS (Lou Gehrig's disease), multiple sclerosis, muscular dystrophy, Parkinson's Disease, and the human form of mad cow disease, called new variant Cruzfeldt-Jacob Disease (nvCJD). Many report excruciating pain and profound muscle weakness. A former family doctor and NASA astronaut/scientist named Duane Graveline experienced "transient global amnesia" – temporary but complete loss of memory – after only a few weeks on Lipitor. His book "Statin Drugs – Side Effects, and The Misguided War on Cholesterol" documents the horrific side effects of these drugs on thousands of people.

A new book published by a doctor-writer husband and wife duo - How Statin Drugs Really Lower Cholesterol: And Kill You One Cell at a Time by James B. Yoseph and Dr. Hannah Yoseph - documents the fraud and deception by which Lipitor and the other statin drugs were licensed, and the damage that it does to every person that takes them.

The drug companies have responded by ignoring the evidence, and by promoting the use of these damaging drugs to an ever-larger population, convincing doctors to lower the “cholesterol count” at which they should be automatically prescribed to patients.

Recovery after statin-induced degradation

Restoring health after this kind of degradation has taken place is a profound challenge. But the human body is amazing in its ability to heal itself, given a proper nutritional environment. The body must be literally flooded with the raw materials necessary for arterial, muscle and neurological repair and replacement and the production of neurotransmitters. The regimen below is designed to do just that, combined with Rath and Pauling’s simple regimen for reversal of cardiovascular plaques.

Please note: This therapy involves taking an extensive number of nutritional supplements, and there is a purpose for each of them. If for financial or other reasons you cannot obtain or use the entire list, the following are the most important ones for neuromuscular recovery. (Please follow the dosages for each of these components specified on the next page.)

1. High-protein diet or non-gmo soy or egg protein drinks for a good supply of amino acids for tissue rebuilding.
2. Vitamin C (powder or capsule)
3. Lysine, Proline, Glycine (powder, tablet, or capsule)
4. Arginine (capsule or tablet)
5. Lecithin (granules)
6. Pantothenic Acid
7. Hi-potency multivitamin/multimineral
8. Calcium and magnesium
9. Zinc/Copper
10. EPA/DHA fish oil, pharmaceutical grade
11. MSM (powder or capsule)
12. Co-Q10
13. Turmeric extract
14. Chlorella and/or Green Food
15. Acetyl-L-Carnitine
16. Creatine if you have lost muscle mass
17. Methylcobalamin B-12

Cardiovascular and Neuromuscular Recovery Regimen

Take this regimen in divided doses: 1/3 of the daily dose with each meal. Eat normal meals. Try to stay as low on the "food chain" as you can (more vegetable-based food and less meat), but don't be obsessive about it. The vitamin C will naturally regulate your cholesterol, so don't worry too much about your diet. Avoid junk food (those made with partially hydrogenated oils or a lot of sugar).

I suggest that you get these supplements at Vitamin Shoppe (store) or iherb.com (online) unless otherwise specified.

This regimen has a large set of vitamins, minerals, amino acids, and other components. I recommend buying them in powdered or capsule forms (the powdered, bulk products are also the least expensive) and mixing them with the protein drinks recommended as part of the regimen.

1. Soy or egg protein drink, such as Spirutein non-GMO or Naturade Organic, ¼ cup mixed with about 8 ounces of organic soy milk, such as White Wave Silk or Whole Foods 365 Organic Soy Milk, 3 times per day. The protein drink mixes are available at Whole Food Stores or at Vitamin Shoppe. Mix in a blender for smooth consistency. These drinks will provide much of your minimum requirement for protein in your diet, so you may eat light protein meals; wheat or rice complement soy very well.
2. Vitamin C - very high doses, almost to bowel tolerance (see below), at least 6000 mg per day (2000-4000 mg per meal but not more than 4000 mg per dose). Always take with food or organic soy milk to coat your stomach. Vitamin C is an essential nutrient and antioxidant – it detoxifies free radicals. Start at 2000 mg three times per day and then increase dosage to up to 4000 mg at each dosage, and then increase the number of dosages (spreading them out over the day) to the point where you get diarrhea - the signal that your intestine is getting too much. You then back off until the diarrhea stops, and that is your bowel tolerance dose. I personally take 8000-12,000 mg per day - 4000 mg two to three times per day - and when I have a cold I'm able to increase it to 4000 mg six times per day or more.
3. Lysine - 6000 mg per day to resolve cardiovascular plaques. This is also a raw material for connective tissue repair.
4. Proline – 6000 mg per day to resolve cardiovascular plaques. This is also a raw material for connective tissue repair.
5. Glycine – 6000 mg per day. This is a raw material for connective tissue repair.
6. Arginine – 6000 mg per day. This is a raw material for connective tissue and muscle repair. Do not get powdered arginine; it tastes absolutely vile. **Note: Arginine naturally lowers blood pressure. If you are taking blood pressure medications,**

monitor blood pressure regularly and reduce medication appropriately to maintain pressure.

7. Lecithin Powder – 2-4 tablespoons granules per day, mixed into the soy drinks (at breakfast and supper, for instance, mixed into the soy drink). Lecithin provides some of the raw materials for rebuilding the cellular membranes destroyed by Lipitor. Combined with pantothenic acid, it also enhances acetylcholine (a neurotransmitter) production in the brain. I suggest purchasing Now Foods lecithin from iherb.com. This is the cheapest lecithin, and it is derived from non-genetically-engineered soybeans.
8. Pantothenic Acid - 500 mg/day - together with Lecithin, enhances production of acetylcholine neurotransmitter (which controls muscles).
9. High-potency multivitamin/multimineral complex: 1–2 per day, depending on the instructions on the label. Be sure that it provides 200 micrograms of selenium and 50 mg of vitamin B6 per day; if not, purchase separately.
10. Calcium/magnesium - 1000 mg calcium, 500 mg magnesium, per day. Most people don't get enough of these essential minerals. If you encounter muscle cramps day or night, you can increase these to 1500 mg calcium/750 mg magnesium. When you have blood work done by your doctor, make sure he or she checks the levels of these minerals, and increase accordingly if deficient.
11. Zinc/Copper - 50 mg zinc/3 mg copper per day – essential for healing. Try to get citrates or other "chelated" types, because they can upset your stomach. Be sure to take with meals.
12. Pharmaceutical-grade fish oil EPA and DHA essential fatty acids. EPA 4000 mg per day, DHA 2000 mg/day. I suggest Natural Factors RxOmega-3 Factors, EPA 400/DHA 200, since this is derived from fish oil, and a very-high-quality brand is necessary to avoid mercury contamination. EPA and DHA help directly rebuild neural membranes. These are synthesized by the liver from flaxseed oil, but not in sufficient quantities for tissue repair if there is extensive damage.
13. Coenzyme-Q10 (Co-Q10) – 500-2000 mg per day – a vital nutrient for heart and muscle health, normally produced internally, but usually deficient in cardiac patients. It is now known that Lipitor stops production of Co-Q10, so it is important to replenish it. Take the larger dosages if you have serious muscle weakness. It is very expensive, so take whatever amount you can afford.
14. There is a new product made by Life Extension Foundation – Co-Q10 with PQQ – that rebuilds mitochondria, our cellular energy source. Take one of these per day in the morning to increase energy and combat fatigue.

15. Turmeric Extract (Curcumin) – 4000 mg per day – powerful anti-inflammatory. Helps rebuild muscle tissue. (Must be taken with meals.)
16. “Green Food” powder, such as Amazing Grass Super Food, one tablespoon (or supplied scoop), 3 times per day mixed with water, a few minutes before each meal. This is especially important if you have chronic fatigue.
17. Chlorella powder – 1 teaspoon or 3000 mg per meal at the very beginning of each meal. (Note: Powdered chlorella is much less expensive than tablets.) Chlorella binds mercury and other heavy metals so that they are not reabsorbed. Start with ½ teaspoon or 1500 mg at each meal, and increase to 1 teaspoon or 3000 mg per meal over several days. Note: some people are sensitive to chlorella. If it causes you stomach or intestinal upset, the Green Food item above is sufficient. **Note: Do not use Japanese or Pacific chlorella, as they have been contaminated by the Fukushima accident.** Ask the vendor where it is harvested.
18. Acetyl-L-Carnitine – 1500-3000 mg per day. Carnitine is a vitamin-like substance that stimulates energy production in cells. Heart patients have been shown to have a deficiency of carnitine in their heart muscle cells. Acetyl-L-Carnitine enhances production of acetylcholine, the memory and neuromuscular neurotransmitter.
19. MSM – 10,000-20,000 mg per day. MSM is an oxygen transporter which helps increase energy. It also helps protect and rebuild muscle, cartilage and connective tissue. Get a powdered brand marked Opti-MSM. This can be mixed in water and juice and its taste is tolerable.
20. If you have lost any muscle mass: take Creatine – 6-9 grams per day (2-3 grams per meal, mixed into the soy shake) for one month or until muscle mass is restored, then 3 grams per day until all statin side effects have been resolved. When taking Creatine, it is important to do some physical exercise and isometrics (regular stressing and relaxing of muscles) to rebuild muscle tissue structures.
21. Methylcobalamin B-12 - 5000 micrograms (5 mg)/day - helps rebuild neural tissue. The Life Extension Foundation protocol for muscular dystrophy recommends 5-30 mg per day.
22. Folic Acid - 800 micrograms (mcg) per day for nerve health and healing. Note: Some multivitamins contain 400 mcg. Taking an extra 400 micrograms per day is not harmful.
23. Niacinamide – 3000 mg per day for nerve health and healing.
24. Beta Carotene: 100,000-150,000 IU - Vitamin A is needed for healing. Beta carotene provides vitamin A in a form that is completely safe in huge quantities. Your body safely produces the vitamin A that it needs from beta carotene.

25. Vitamin E: 400–800 IU — If you have hypertension, stay with 400 IU until your blood pressure is reduced by the regimen. Vitamin E strengthens your heart muscle.
26. Vitamin D3 – 4000 IU per day, in 2 doses. - Recently published research indicates that a minimum of 4000-5000 IU vitamin D3 should be consumed daily (unless you are light-skinned and get daily full-body sun exposure with no sunscreen). Many foods are supplemented with D3, so I have recommended this extra daily supplementation at the 4000 IU level.
27. Trimethylglycine (TMG) - 500-2000 mg per day. This is the recommendation of the Life Extension Foundation protocol for muscular dystrophy, to enable rebuilding of the myelin sheath around nerve cell axons. Must be taken with meals.
28. Organic flaxseed oil – 2 tablespoons per day. Flaxseed oil provides the correct balance of Essential Fatty Acids for maintenance and repair of cell membranes. Buy in pint or quart bottles from Whole Foods or other health food store. Note: Flaxseed Oil does not taste very good. You might consider mixing it into the soymilk shake, or using it as the base for salad dressing if you use a lot of herbs to make it.
29. Gingko, 240 mg/day. Gingko increases blood flow in the brain, and is a proven memory enhancer.
30. N-Acetyl-Cysteine - 2400 mg per day. N-Acetyl-Cysteine has been shown to help in normalizing blood pressure, and increases the production of glutathione, an internal detoxifying antioxidant which helps in liver detoxification.
31. L-Carnosine – 1500 mg per day. Carnosine is a biological chemical found in smooth muscle tissue. In therapeutic dosages it has been found to improve muscle vitality and stabilize cellular membranes.
32. Grapeseed Extract – 150-300 mg per day – a powerful anti-oxidant that enhances the action of vitamin C.
33. Ashwaganda – 400-500 mg per day (capsules are generally between 470 and 500 mg each, just take one per day). Ashwaganda is an ancient herb used for brain restoration by Eastern naturopaths. It has been identified in several recent studies to enhance memory.
34. Ginger Extract – 4000 mg per day – another powerful anti-inflammatory. Helps rebuild tissue. (Must be taken with meals).
35. If you have any liver damage or elevated AST/ALT counts: Milk Thistle Extract – 1200 mg per day (of 70% silymarin content)
36. If you have chronic fatigue, take 15,000 mg of D-Ribose, in divided doses with meals.

37. There is a new product called Mental Clarity by New Chapter, contains extracts of a mushroom called Lion's Mane, which has apparently been shown to rebuild brain tissue (a process called “collateral sprouting”). 2 capsules per day is the recommendation of the manufacturer.
38. VERY IMPORTANT: 2-4 quarts spring water or other liquids per day - not fluoridated. (Avoid fluoridated water and drinks bottled from it such as Dasani and soft drinks)
39. Exercise: Stretching exercises, isometric exercises, yoga, swimming, etc. Muscles need exercise for rebuilding. Without any exercise, muscles atrophy. If you have access to physical therapy, get a prescription from your doctor for electrical muscle stimulation. There is a home stimulation machine made by RS Medical that you can rent. See their website: http://www.rsmedical.com/product_rs4m.asp.

Other recommendations

Please do not consume Red Yeast Rice products. These are just “natural” statins that can cause the same damage as the statin drugs.

I suggest removal of all dairy products; use organic soy drinks and substitutes instead (no casein, no lactose). Dairy products are pro-inflammatory, that is, they cause the creation of inflammatory compounds that interfere with tissue rebuilding. The metabolism of casein (milk protein) can produce metabolic products (peptides) that are harmful to the brain in some patients.

For depression: 5-HTP is a natural anti-depressant, is very effective, very safe, and has no side effects. Note however that 5-HTP should NOT be taken by people with bipolar disorder, and if the patient is on an anti-depressant already, he or she needs to stop the pharmaceutical one for a week to clear it before taking 5-HTP. You can do more reading about this "miracle" substance - derived from a common African plant and used routinely in Europe for depression - from the book by the same name: "5-HTP" by Michael Murray (the foremost naturopathic physician in the US).

Eat as far down the food chain as possible, slowly making the transition away from red meat. Especially avoid freshwater fish, swordfish, shellfish, and any varieties of tuna and salmon, which are loaded with mercury and PCBs. A non-dairy vegetarian (“vegan”) diet is best, though this can be a difficult transition; use “non-GMO” or organic soy proteins (meat substitutes, tofu, soy protein shakes, etc.) and beans to obtain sufficient protein.

Reduce salt intake as much as possible to reduce blood pressure if you have cardiovascular disease or high blood pressure.

Do not drink diet drinks containing aspartame, which is a multiple neurotoxin. No Diet Coke or even non-sugar chewing gum. Do not use tylenol, which is a liver toxin. For headache and colds use aspirin, which is reasonably safe if taken with vitamin C and with food or soymilk to coat the stomach. There is also an excellent anti-inflammatory called Zyflamend, available at most health food stores, which is a good substitute, but it is a bit pricey.

Avoid all foods containing MSG, including all food at fast-food restaurants.

Avoid canned fish and freshwater fish. These are now so contaminated with mercury that the federal and state governments have issued advisories for young children and pregnant women, but the advisories don't make it into the mainstream press because of "business concerns" (that is, the fishing industry would just about die off).

Pharmaceutical medications are often toxic to nerve tissue and the brain. I would suggest reducing or stopping any such medications except insulin for diabetes or medication for severe high blood pressure or thyroid conditions. The regimen above is a cardiovascular restoration regimen, so that high blood pressure will, over time, be alleviated, and the regimen also reduces the need for insulin, so sugar and insulin levels must be checked regularly to avoid over-medication.

A word about cholesterol counts

The high doses of vitamin C in the regimen above balances the amount of cholesterol in your bloodstream, as vitamin C naturally recycles cholesterol as necessary. This relatively obscure fact is not known by most doctors, and the pharmaceutical industry would rather have people take expensive drugs rather than an inexpensive vitamin. For some time after beginning the regimen (several months), your cholesterol counts may increase temporarily; cholesterol is the carrier of essential fatty acids for membrane repair, and also the amino acids will be chelating lipoprotein(a) plaque from your arteries, so that there will be a measurable increase. This is not harmful, it is an indication that the regimen is working to resolve your underlying cardiovascular disease.

Frequently Asked Questions

How long will the regimen take for recovery?

The recovery time will depend on the amount of damage done by the statin drugs, and the intensity of the regimen that you pursue. For substantial damage, the time for recovery is at least six months, and may take as much as a year or more. For minimal damage, you should see some recovery in as little as three months on the regimen.

Why so many supplements?

The damage done by the statin drugs – caused by cholesterol starvation – cannot easily be undone. Providing the body with an environment to rebuild, recover, and heal from this kind of trauma requires bathing all the cells of the body with concentrated nutrients.

Why focus on cardiovascular health?

Lipitor and the other statin drugs are usually given to people to lower “high cholesterol counts” because doctors wrongly believe that cholesterol is the cause of cardiovascular disease. I focus on restoring cardiovascular health, since cardiovascular blockages (including in the brain and carotid artery) are universal. They are usually present in children age 12 and even younger. This regimen reverses these blockages, because it contains a natural therapy developed by Matthias Rath and Linus Pauling in the early 1990s but marginalized by the pharmaceutical industry, which was more interested in selling expensive cholesterol-lowering drugs.

Why so much Vitamin C?

Vitamin C is manufactured by the livers of most mammals except for humans, the apes and monkeys, the guinea pig, and a couple of rare animals. It is needed for literally dozens of metabolic processes, including the proper recycling of cholesterol, and the Daily Requirement should be between 3000 and 6000 mg. But this fact will take at least another generation to be accepted. (The existence of vitamin C and our inability to manufacture it was only discovered in the 1930's). Vitamin C is also a mercury chelator – it removes mercury from the body.

For rapid rebuilding of tissue, the "bowel tolerance dose" of vitamin C is recommended. Start at 2000 mg three times per day and then increase dosage to up to 4000 mg at each dosage, and then increase the number of dosages (spreading them out over the day) to the point where you get diarrhea - the signal that your intestine is getting too much. You then back off until the diarrhea stops, and that is your "bowel tolerance dose." I personally take 12,000 mg per day - 4000 mg three times per day - and when I have a cold I'm able to increase it to 4000 mg six times per day or more.

Is vitamin C safe?

Vitamin C is probably the safest nutritional supplement. In fact there is no toxic dose. It is proven safe in huge quantities. Intravenously it has been in quantities exceeding 200 grams per day with no side effects. Dr. Ian Brighthope of Australia and Dr. Robert Cathcart in California use 100+ gram vitamin C infusions for their AIDS patients, with no adverse effects. Its only “side effect” is mild diarrhea if you take too much orally. Some AIDS patients have taken enormous quantities orally – upwards of 100 grams per day – for extended periods of time, again with no side effects.

Almost all animals on earth produce their own vitamin C, at concentrations between 30 and 300 times as much as the FDA says we need. Humans, monkeys, guinea pigs, and a few other animals have a genetic defect that prevents them from turning blood sugar into ascorbate – vitamin C. When most animals are under stress – when they are scared or ill or exposed to toxins – their internal vitamin C factories go into overdrive and provide this nutrient in very large quantities.

What about the vitamin C scares?

There have been no documented cases of anyone who has ever had adverse side effects from taking very large doses of vitamin C, other than the diarrhea mentioned above, which is simply the indicator that you have exceeded the dose that your body is using. But for many years, the pharmaceutical industry has gone to great lengths to scare people away from vitamin C. These companies have huge investments in expensive prescription drugs that attempt to treat the symptoms of diseases that would be addressed, cured, or prevented easily and cheaply with the same dosage of vitamin C as is found in the blood of most animals.

The scares have accelerated since 1999. One researcher noted finding vitamin C in a cancer tumor, and then reported that vitamin C might induce cancer or interfere with anti-cancer agents.¹³ If he had understood the action of vitamin C against cancer, he would have realized that the vitamin C that he found was contained in leukocytes — our body's natural immune defense mechanism against cancer — that had collected in the tumor to attempt to destroy it!

A few months later, two researchers reported “thickening of the artery wall” from vitamin C, assuming that the arteries were being blocked. In fact, they did not test for blood flow, and if they, too, had understood the action of vitamin C, they would have realized that the thickening was in fact related not to the blocking of the arteries, but rather to the strengthening of the arteries that was due to proper collagen formation.

Finally, in June of 2001 a researcher at a university that receives large amounts of funding from drug companies reported, with great media attention, a test-tube experiment in which he analyzed the action of vitamin C on “peroxidized lipids” (blood fats that had been made toxic by extreme free radical damage) and reported that the resultant compounds might be carcinogenic.¹⁵ This researcher failed to mention that this test tube reaction has been known for several years and that no such reaction has ever been found

in animals or humans. He also failed to mention that peroxidized lipids do not form in the first place in a person who takes adequate vitamin C. Finally, he failed to mention that peroxidized lipids are extremely toxic to the body anyway, so that claiming that they turned into something toxic when exposed to vitamin C is misleading at best. This might be equivalent to saying, “When I applied vitamin C to cyanide I got something poisonous.”

It is interesting to note, as has Dr. Matthias Rath, that the timing of these scares coincides with the meetings of the Codex Alimentarius commission of the United Nations. In his public lectures Dr. Rath has pointed out that this commission is strongly influenced by the major pharmaceutical companies.

Maintenance Regimen for Statin Recovery

If you have statin disease, it is extremely important that you stay at the maximum dosage of the statin recovery regimen until all symptoms have subsided and testing is done to verify that your heart, arteries, and neuromuscular system have completely healed. (See the section on Safe Cardiovascular Testing Protocol).

Once your health is restored, you will need to keep up a strong maintenance regimen to prevent re-occurrence of cardiovascular disease, continue healing your neuromuscular system, and keep your immune system in shape. The following nutrients will help you to do this.

- a. Beta Carotene – 25,000-50,000 IU per day, in 2 doses. This is the safest way to obtain vitamin A, since Beta carotene is very safe in extraordinarily large doses, whereas vitamin A oil is toxic in large doses.
- b. Vitamin C - 6,000-20,000 mg (6-20 grams), in the form of crystals or capsules, keeping near bowel tolerance (as discussed in the primary regimen). Take crystals with orange juice; follow all doses with food or something that will coat your stomach, such as soy drink.
- c. Lysine, Proline, Glycine, and Arginine – 3-4 grams (3,000-4,000 mg) per day each. Combined with vitamin C, this will keep plaques from forming, continue to remove any remaining plaques, and help the healing process.
- d. MSM – 4,000-10,000 mg per day. MSM is an oxygen transporter which helps increase energy. It also helps protect and rebuild muscle, cartilage and connective tissue. Get a powdered brand marked Opti-MSM. This can be mixed in water and juice and its taste is tolerable.
- e. Vitamin E – 800-1200 IU per day.
- f. Vitamin D3 – 4000 IU per day, in 2 doses. - Recently published research indicates that a minimum of 4000-5000 IU vitamin D3 should be consumed daily (unless you are light-skinned and get daily full-body sun exposure with no sunscreen).
- g. Calcium/magnesium - 1000 mg calcium, 500 mg magnesium, per day. Most people don't get enough of these essential minerals. If you encounter muscle cramps day or night, you can increase these to 1500 mg calcium/750 mg magnesium. When you have blood work done by your doctor, make sure he or she checks the levels of these minerals, and increase accordingly if deficient.
- h. High-dosage multivitamin/multimineral complex per day.
- i. Zinc/Copper – 50 mg zinc/3 mg copper per day. If tablets irritate your stomach, there are zinc lozenges available at health food stores. (Check the zinc/copper content of the multimineral supplement. Take enough to reach 50 mg/ 3 mg total.)

- j. Keep fluid levels high by drinking ½ to 1 gallon (8 to 16 cups, 2-4 liters) of fluid per day. This is essential both for the high vitamin intake and also to flush toxins out of the body.
- k. *Organic flaxseed oil – 2 tablespoons per day. Flaxseed oil provides the correct balance of Essential Fatty Acids for maintenance and repair of cell membranes.

Optional components for optimum health:

- a. Aloe gel - drink 1-2 fluid ounces per day to enhance the health of your alimentary canal. Drink 8 fluid ounces per day (2-3 ounces after each meal) if you have stomach or intestinal problems, until they are resolved. This is a safe, inexpensive remedy for “acid reflux.”
- b. Ginkgo Biloba – 120-240 mg per day for increasing and maintaining blood flow in the brain and extremities, to maintain brain health.
- c. Grape seed extract (95% proanthocyanidins): 100-300 mg/day. This antioxidant works with vitamin C to rid your body of free radicals
- d. Lutein – 10-20 mg per day helps to prevent cataracts and eye degeneration.
- e. Bilberry – 300 mg per day helps retain visual acuity.
- f. Lecithin – 1 tablespoon per day. This extract from soybeans provides the raw materials to maintain neural membrane health.
- g. Flaxseed oil – 2 tablespoons per day. This provides the correct balance of essential fatty acids for cellular and neural membrane health.

If you have allergic symptoms or inflammation:

- h. Ginger: 1000-3000 mg per day with meals.
- i. Turmeric Extract (Curcumin): 600-2000 mg per day. Must be taken with meals. Curcumin is a natural anti-inflammatory, and also has a powerful anti-cancer and anti-viral effect.
- j. Quercetin: 400 mg three times a day, about 20 minutes before each meal.

Acute Illness Regimen

No regimen, no matter how perfect, can prevent you from coming in contact with the millions of viruses and bacteria that are everywhere, both in the human population but sometimes also, unfortunately, in our food.

By using a Natural Health Regimen, you are preparing your body to defend itself against these disease carriers, by building up the immune system. There are steps you can take if you do get ill to help your immune system respond very quickly and help you become well again in very little time.

1. Vitamin C - When you are ill – infected with a virus or bacteria – your immune system is using vitamin C much faster than normal, so you can increase your dosage dramatically. I have personal experience in my bowel tolerance being above 30 grams per day; I was able to take 3 grams every HOUR while I was ill, and the illness (the recent and famous Norwalk flu) lasted less than a day.
2. If it is a stomach or intestine related virus or bacteria, oregano oil and olive leaf extract are effective antibiotics, at 1000-2000 mg per day (I usually don't recommend brands, but in this case I recommend GAIA Herbs). I used these to stop the Norwalk flu from having any of its horrible symptoms (nausea, vomiting, diarrhea).
3. Ginger capsules, or even better, ginger oil capsules such as New Chapter Ginger Force. These are useful when the virus or bacteria causes nausea or diarrhea, since ginger is an anti-inflammatory and relaxant. (Ginger is as effective as pharmaceutical drugs for motion sickness.)
4. If the virus or bacteria seems to be getting the better of your immune system and you get pneumonia or for some other reason you don't think your body is responding adequately, you should consider getting one or more vitamin C intravenous infusions of 35-50 grams. Clinics that offer chelation – removal of heavy metals or as a cardiovascular remedy – often also offer intravenous vitamin C infusions. (In the US: in New England, this is offered by the Marino Center in Cambridge, Mass; in California, check with Dr. Robert Cathcart at <http://www.orthomed.com>; in the Midwest, Dr. Hugh Riordan offers these treatments at <http://www.brightspot.org>.)
5. Overcoming an acute illness takes a tremendous amount of energy. Be sure to keep up your healthy food intake (use easily digested protein such as soy shakes) and get lots of rest. This may sound obvious, but there are many people today who attempt to work and go through their daily routine even when they are ill. This is not the way to heal quickly from illness.

Safe Testing Protocols for Cardiovascular Disease

There are many ways that doctors can check the health of your cardiovascular system. Some of these are relatively safe. Others can be quite harmful.

Cardiovascular Blood Tests

The usual blood tests done by doctors for cardiovascular disease screening – to measure cholesterol and triglyceride levels – are not actually very useful in tracking cardiovascular health. The only blood test that is at all valuable for cardiovascular disease is the measure of the level of lipoprotein(a), which is a test that is not normally done – you need to request it.

When you have used the Natural Cardiovascular Therapy consistently for several months and your cardiovascular symptoms have subsided, the amount of lipoprotein(a) in your bloodstream is a measure of how much plaque material is still being removed by the therapy.

(You might remember from the booklet that your body produced lipoprotein(a) and deposited plaques when you had insufficient vitamin C in your bloodstream. Since the Natural Cardiovascular Therapy supplies large amounts of vitamin C, your body no longer manufactures it.)

Electrocardiogram (EKG)

Electrocardiograms are completely non-invasive tests of the electrical activity of your heart. A doctor or heart specialist can tell from an EKG whether your heart is currently pumping correctly, that is, whether there has been any very obvious physical damage to your heart. However, it is not a good measure of whether there are (still) plaques of lipoprotein(a) in the walls of your coronary artery or your aorta or on your heart valves, until there is so much plaque that its function is impaired. A slight improvement of an ordinary EKG is one taken before and during a treadmill stress test, which checks the functioning of your heart during heavy exercise.

Echocardiogram

This is a safe and accurate visual method for checking the overall health and functioning of your heart and its muscle tissue and valves. An ultrasound measuring device, similar to that used to check the health of a growing fetus in pregnant women, is placed on various parts of your chest, and fairly accurate images of your moving, beating heart are displayed for the cardiologist or technician to record. Muscle and beat irregularities are easily detected.

Magnetic Resonance Imaging (MRI)

One of the safest and most accurate methods used today to detect plaques in the coronary artery and other arteries is up-to-date MRI scanning. This technique completely avoids the radiation exposure associated with CT scanning. Older, static MRI technology could not analyze active parts of the body such as the heart, but the newer scanners (and associated software) can do this just as accurately as a CT scanner. You must ask whether the MRI hardware and software is capable of providing accurate images of active organs.

Harmful techniques and procedures:

1. Angiogram – During this extremely invasive procedure, a catheter (probe) is inserted into an artery and guided directly into your coronary artery. Dyes are then pumped into the artery where the catheter is located and x-rays are taken. The trauma caused by this procedure can have deadly consequences.
2. Electrophysiology – this invasive procedure is used by heart specialists who believe that arrhythmia and tachycardia (out-of-control beating of the heart) should be solved by **cardiac ablation**. A catheter is inserted into a leg vein and guided into a chamber of the heart. The electrophysiologist then performs a “study” to determine the “cause” of the irregular heartbeat. A cardiac ablation unit then delivers a high-energy radio frequency burst to destroy a small piece of heart tissue to prevent it from causing a dual or duplicate electrical signal, or to destroy the entire “AV node” that signals the pumping action of your heart and replace it with a pacemaker. This procedure is dangerous and irreversible. In contrast, the Natural Cardiovascular Therapy provides the nutrients necessary for the damaged parts of your heart to heal themselves and restore proper electrical signaling.
3. PET – Positron Emission Tomography – in this procedure radioactive salts are literally injected into your bloodstream and then the radiation from your body is used to make images of your heart and other organs. Internal radiation is extremely hazardous to your health – it is known to cause cancer: it damages a large amount of DNA because it is internal and the exposure is prolonged.
4. Technetium-99 Heart Scan – Similar to PET, this procedure involves injecting a radioactive substance called technetium-99 into your bloodstream, and then take moving “pictures” of your heart by detecting the radioactive emissions from it. As mentioned above, this is internal radiation, which is extremely hazardous to your health as it is a known cause of cancer.

As a health and environmental researcher, I am appalled that procedures that inject radioactive substances into the body – and therefore expose the entire body to prolonged radiation damage – have become widespread. Internal radiation injury from nuclear bomb fallout of the 1960’s and radiation leaks from nuclear power plants are one of the larger sources of cancers in the US. I can say unequivocally that these last two techniques – PET and Technetium-99 scanning – should never have come into use.

Tracking your progress

If you have damage to your heart as a result of a heart attack or long-standing heart disease (congestive heart failure), it will take some time using Natural Cardiovascular Therapy for your heart to recover. However, your heart has an amazing capacity for healing and renewal, even when significant damage has been done.

The EKG and echocardiogram, described above, are the safest methods to keep track of the overall health of your heart muscle and valves. You can have your doctor check your blood lipoprotein(a) levels to find out if the plaques are still being removed from the artery walls. Electron beam tomography is the most accurate method for tracking whether coronary artery plaques have been completely resolved.

Disclaimer

When pursuing the regimens described herein, please understand that Jonathan Campbell is a health researcher and consultant and not a physician, and the regimens are not prescriptions but recommendations based on published research. The profound nature of degeneration caused by statin drugs makes it impossible to guarantee that these regimens will restore full functioning. The author has made every attempt to include all components that have shown any promise of restoring neuromuscular and cardiovascular health.

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