

Hypertension and Vascular Health



Peter J. Muran, MD

Aging is often associated with blood not flowing like it once did. For the most part this is caused by the difficulty in the arteries, the pipeline, to carry the blood sufficiently to all parts of the body, also known as vascular insufficiency. The effect of vascular insufficiency is predominately seen in the heart with the closing of the coronary arteries leading to heart attacks and heart failure. The major cause of vascular insufficiency is inflammatory metabolic and immunology products. Inflammatory metabolic products are based mostly on what we put in our mouths and how our bodies break down that food. For example, when we experience a hangover after drinking too much alcohol we are experiencing a metabolic chemical inflammatory reaction.

Inflammatory immunological products are the result of how our body responds to a foreign substance, be it a harmful bacteria or food intolerance, by producing antibodies which release powerful

Continued on page 2

Whispers from the Brain

Margaret Ayers, Director, Psychoneurophysiology

The brain whispers messages to the body through electrical impulses transmitted to the central nervous system. When the brain is injured, these electrical impulses, or brain waves, are disturbed creating abnormal rhythmic patterns. When the brain continues to transmit these abnormal patterns, imbalances are created in the body. The body naturally desires balance, neurofeedback merely assists the brain in bringing itself and the body back into balance.

With the technological advancements of neurofeedback equipment, these whispers from the brain can now be amplified and projected on a computer screen as they are occurring in the brain. This capability is called "real time." It enables a more skilled and precise interpretation of the brain wave patterns and provides the opportunity for immediate correction of abnormal rhythmic patterns.

The high-speed neurofeedback equipment can filter out and display a wide array of electrical patterns and frequencies produced by the brain. The computer assists the brain in recognizing normal rhythmic patterns by producing audio and visual reinforcement when they occur. The brain makes the appropriate corrections immediately.

Continued on page 2

We're on TV ...
The Longevity Healthcare Hour
 Thursday, Feb. 13, 11:30AM
 Leisure World, Cable TV6
 Dr. Muran's guest:
 Margaret Ayers, Director,
 Psychoneurophysiology

This Month's Topic:
 Resolution of Parkinson's,
 Alzheimer's and Memory Loss
 Through Neurofeedback

Whispers from the Brain

Continued from p.1

Current brain research has shown that neurofeedback can be an effective adjunct to the treatment of open or closed head injuries, coma, stroke, autism, epilepsy, migraine cluster headaches, attention deficit disorder, dyslexia, learning disabilities, clinical depression, Parkinson's, anoxia and post viral damage.

In addition, neurofeedback helps to improve functions such as concentration short-term memory, speech, energy level and emotional balance.

Neurofeedback is a non-invasive process in which the brain retrains itself through the feedback of information it receives through the senses. Unlike any other organ in the body, the brain is self-organizing and has the capacity to continue to develop throughout life. Once the brain's normal rhythmic patterns have been restored, the neurofeedback training is no longer necessary. The effect of neurofeedback training is similar to the effect of training wheels on a bicycle. Once you learn to balance by yourself, the training wheels are no longer needed. The body does not forget.

Neurofeedback is one of the most compelling examples of the body's ability to self-regulate and bring itself back into balance. It offers individuals an opportunity to participate in their own healing process.

*Margaret Ayers' practice is located at
427 North Canon Drive, Suite 209, Beverly Hills, CA,
(310) 276-9181, Website: www.neuropathways.com*

Hypertension and Vascular Health

Continued from p.1

inflammatory agents like super peroxides and histamine. These powerful agents cause local harm in the areas where they come in high contact with the tissue, such as the lining of the arteries. The inner linings of the arteries react by causing the arteries to contract giving rise in blood pressure causing high blood pressure or hypertension.

The two organs in the body requiring the most energy and thus requiring a high flow of blood are the heart and the brain. These two organs are exposed to the largest amount of the inflammatory metabolic and immunologic products than any other organ of the body. It is the inflammatory products that cause the cholesterol (LDL) to oxidize and implant into the layers of the arteries causing the arterial plaque or blocking of the

Leisure World Nutrition Club

March Meeting

Presentation: Healthy Heart..

Healthy Brain..Naturally

Monday, March 17, 1:30 to 3:00pm

Club House 3, Dining Room 2

Speaker: Peter J. Muran, MD

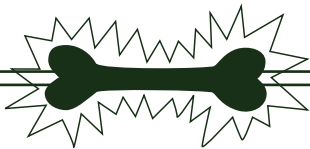
arteries. It is the inflammatory products and toxic gene products that activates an inflamed response in the brain leading to increase memory loss, Alzheimer's disease and Parkinson's disease.

Recently, the conclusion that the vascular condition leading to the closing of the arteries to the heart is inflammation. This inflammation is directly related to a blood protein that can be tested, the C-Reactive Protein (CRP). The CRP is a nonspecific marker and shows that there is some type of inflammatory reaction going on in the body. A recent cover of Newsweek Magazine featured the CRP test as the most reliable indicator of heart disease. Again, these inflammatory products can be either a metabolic product or an excessive immunological by-product. It is, therefore, a very important process to decrease the inflammatory reactions occurring in the vascular system and thus reducing the

continued tissue destruction. If the body is given the right conditions it has a tremendous ability to regenerate and reverse vascular disease.

With knowledge of the causes of inflammation, at Longevity Healthcare Center, we evaluate the patient for various signs and locations of the inflammation and start treatment in the reduction of the cause of the inflammation leading into a natural remedy. In most cases the inflammatory process can also be reduced.

So in answering a common question, Doctor do I have to be on this high blood pressure medication and cholesterol drug for the rest of my life? The answer is no. You do not. You can control your blood pressure and cholesterol naturally by decreasing the inflammation that is occurring throughout your body. The natural remedy is based on proper nutrition and supplements that provide your body with what it needs to be in balance.



Bone Density Testing

Friday, February 7 and

Friday, February 21

10am to noon

Longevity Healthcare Center

23521 Paseo de Valencia, Suite 204

Call for an Appointment: 949-472-3717

Peter J. Muran, MD is the Medical Director of Longevity Healthcare Center in Laguna Hills where he orchestrates a holistic approach to medical care. Board Certified in Holistic Medicine, he integrates the best of traditional medicine and alternative modalities, specializing in the health care needs of people age 40 and up.

Is Chelation Therapy Right for You?



Heart Disease? Poor Circulation? Diabetes?

Free Educational Seminar

Presented by: Peter J. Muran, MD



Thursday, February 20
10:30am until Noon
For Reservations, Call 949-472-3717

23521 Paseo de Valencia, Suite 204
(Taj Mahal Building) Laguna Hills
Across from Mother's Market

Limited Seating

We're On TV

Resolution of Parkinson's, Alzheimer's & Memory Loss through Neurofeedback

Dr. Muran's guest is Margaret Ayers, the nation's leader in the development of neurofeedback training resulting in the development of the first Real Time all digital EEG Neurofeedback machine. Her pioneering neurofeedback equipment design and innovative work with head injury, coma and learning disabilities have won her international recognition. Tune in to learn about this incredible high-tech medical breakthrough. Longevity Healthcare Hour at 11:30am on Thursday, February 13 on Leisure World TV 6.



23521 Paseo de Valencia
Suite 204
Laguna Hills, CA 92653

www.alternativemedicinehealthcare.com