

Ask Dr. Pete

I have learned from recent tests that in addition to having high blood pressure, my arteries are beginning to clog. Is there anything I can do beyond the medication that my doctor has prescribed?



Peter J. Muran, MD

Medications do address some factors associated with cardiovascular disease; however, there are ways to stop the underlying causes. Elevated blood pressure and cholesterol are not of themselves a disease but rather an expression of the disease process. Like hitting one's thumb with a hammer -- rather than stopping the cause, blows of the hammer, medications treat the injured thumb. The immediate signs and symptoms need to be addressed but it is the persistent chronic, inflammation causing the disease process that needs to be remedied to regain health.

The media repeatedly reports on research that shows a direct relationship between hypertension and cholesterol to heart attacks and stroke. What is not highlighted to the public is that the underlying cause of vascular disease is inflammation. Think of inflammation, oxidation, as the flame of a stove. If the flame is low under a container of fat or lipids, the fat will only heat up and melt but if the flame is very hot the fat can catch on fire. This is exactly what happens with cholesterol. The inflammation caused by the oxidation of cholesterol, predominately low-density lipids, is very damaging to the inside lining of the arterial walls resulting in arterial constriction and the deposit of intra-arterial fat and calcium, in turn causing hypertension and clogging, respectively.

Some of the many causes of inflammation include improper diet, vitamin and nutritional deficiencies, stress, infection, hormonal deficiencies or toxin buildup. Space does not allow for a detailed explanation of how each of these inflammatory agents can be identified and prevented, but they directly work within the body's DNA design specific to each individual. This explains why identical treatments can have differing results.

The cause of chronic underlying inflammation can be addressed naturally according to each individual's particular needs while treating the hypertension and cholesterol. For example, in my experience, EDTA chelation in conjunction with nutritional and herbal preparations can successfully increase arterial flow and lower cholesterol and hypertension, avoiding the side effects seen in the statins and antihypertensive prescribed medications.



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