

WHAT'S UP DOC PETE?



Myths about Heart Disease, Part Two

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Myth #6: Eggs, meat, and butter (high cholesterol foods) are bad for your heart.

Truth: There is no evidence that a low cholesterol diet will reduce the risk of heart disease. Research has shown that eating eggs on a daily basis may prove to hold numerous health benefits, especially a decreased risk of heart disease. *International Journal of Cardiology* March 10, 2005; Volume 99, Issue 1, Pages 65-70

Myth #7: Severe narrowing of a coronary artery means you are about to have a heart attack.

Truth: Obstructive lesions in the arteries can be present for years without being a threat. Unlike simple angina, or chest pain, heart attacks are not merely a plumbing problem. They arise from a complex interplay of factors primarily focusing on inflammation.

8. Myth: Cigarettes and cigars are bad for the lungs, not the heart.

Truth: Smoking is a disaster for the entire body, especially the cardiovascular system. It is associated with everything from coronary artery disease, to heart rhythm disorders, to heart failure. No matter how long you have smoked quitting will make a difference.

Myth # 9: Only drastic exercise and dieting can reduce risk of a cardiac event.

Truth: Actually, mild exercise and sensible diets can go a long way not only for heart health but for over-all health. Simply becoming MORE active will reduce your risk. Accumulating 30 minutes of moderate physical activity on most, if not all, days is a solid goal

MYTH #10: You can't do anything to stop heart disease.

TRUTH: Yes, you can! You can significantly reduce your risk of heart disease if you have the information you need, know the questions to ask your health provider and have the support to make heart-smart changes in your life.

Managing the risk factors will decrease inflammation and viscosity, or thickness, of the blood. EDTA chelation, commonly used in Europe, is an effective tool in managing heart disease.

“Gold Standard” double blind, placebo studies conducted in 2006 shows chelation therapy to have superior benefits to cardiac surgery without the risk factors. A 30 million dollar research project funded by the NIH is in its fourth year examining the efficacy of the EDTA chelation in managing vascular heart disease.

My 14 years of experience with treating heart disease has shown that proper administration of EDTA chelation can resolve both long term angina and improve cardiac health. Coupling chelation therapy with a personalized approach to reduce inflammation including nutrition, lifestyle habits and natural nutrient therapies can reverse heart disease. Tune in to *Quantum Health*, Saturdays at 1:00 on KVEC 920am to hear other experts discuss cardiac disease in up-coming months.



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