

Hi to everyone in the Millhouse Community

This is the final newsletter for the year.



**Christmas is a time to celebrate and give gifts of appreciation for services received and friendships treasured.**

I want to say a big **thank you to the Millhouse Team** for the successful year 2011 has been. At the **EastHealth Primary Health Organisation (PHO) celebration evening** in November the Millhouse Integrative Medical Centre was again recognized for its **quality medical care when we jointly received the PHO's supreme clinical performance award.**

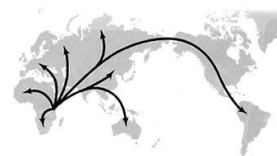
**Maree Bullus** our senior nurse was also **honoured for her dedication and exemplary services** to our patient community. Well done Maree.

**During the Christmas-New Year period** medical services will be provided **at 128 MILLHOUSE.** However osteopath Ghassan will continue to see his patients at **130 MILLHOUSE.**

**HEART DISEASE**

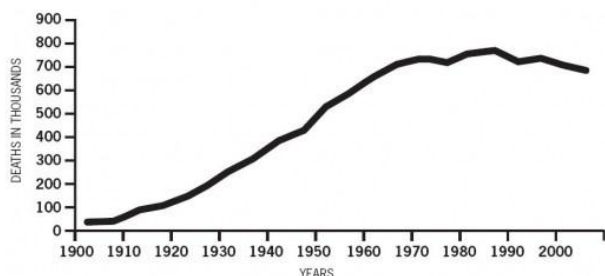
In the November Newsletter I told of the **preventative power of the traditional Mediterranean Diet** and especially how green vegetables, that contain high organic nitrate, allow the release of cellular **NITRIC OXIDE** that dilates blood vessels reducing blood pressure and accelerating blood flow, maintains the health of the vascular system and slows artery disease. This newsletter continues the discussion on strategies to prevent heart and vascular disease.

I have often pondered why the nomadic Native American and Pima Indians, Polynesian and Micronesian races that successfully migrated under extreme environmental conditions and traveled thousands of miles over land and sea are now decimated with obesity, diabetes and heart disease.



Heart disease was rare before 1920 in western countries but death rates slowly increased till the 1980s (see graph). The factors that accompanied this rapid change were the **rising consumption of sugar and refined carbohydrate foods, increased smoking and a move towards sedentary living.**

The discovery that blood cholesterol was swallowed by immune cells (foam cells) and embedded in the artery wall as plaque, focused attention on ways to reduce blood cholesterol. Strategies adopted were eating a low animal fat diet (which contributes less than 25% to cholesterol reduction) and taking a variety of cholesterol lowering medications. The early drugs developed caused more harm than good but the arrival of statin medication



(Lipitor-atorvastatin and Lipex-simvastatin) effectively decreased liver cholesterol production and lowered blood levels. Where a blood vessel was obstructed, a surgical bypass graft was performed and in recent years a dilating wire stent is often placed to enlarge the constricted arteries.

Doctors acknowledged that a major complication of diabetes was artery disease, with patients suffering increased heart attacks and strokes, but were slow to recognise that the hormone **INSULIN was the prime initiator of cholesterol production in the liver.**

Insulin is released to lower blood glucose, which comes from absorbed digested food sugar and starches, facilitating its entry into cells.

Insulin has three main actions:

- **Making energy** available from glucose for cells to use.
- **Storing glucose energy as FAT and CHOLESTEROL.** Cholesterol, as well as patching holes in blood vessel walls is the skeleton molecule for hormone production and the protective myelin nerve sheath.
- **Stimulating cell growth.**

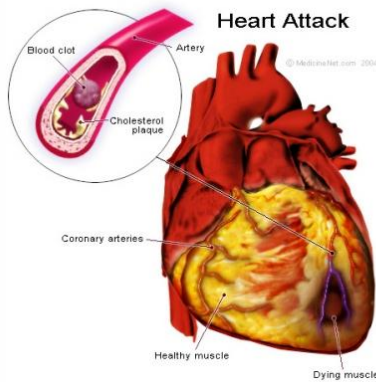
Insulin also encourages water retention which can increase blood pressure and raise uric acid levels that precipitate gout attacks. Excess insulin also stimulates growth factors that accelerate cancer development.

The diseases that arise from excessive sugar & carbohydrate consumption include dental caries, **high cholesterol & triglycerides, obesity, diabetes, heart disease, hypertension, gout,** gallbladder disease, peptic disease and cancers of the breast, bowel, prostate and pancreas.

Dr Thomas Cleave<sup>1</sup> in 1974 called these the **SACCHARINE DISEASE** and more recently those in **italics** have been referred to as the **METABOLIC SYNDROME or SYNDROME X.**



**Heart attacks are more common in winter than summer.** Drs Nicols and Thomas<sup>2</sup> in 1977 suggested an association between infection and heart attacks when 10 of 38 consecutive patients admitted to the coronary care at the King Edward VII Hospital in England were found to have had recent Cocksackie viral infections.



Since then the influenza virus, helicobacter pylori which causes stomach infection, Chlamydia pneumonia from lung infection and poor dental hygiene have all been incriminated in worsening artery inflammation which accelerates plaque growth, blood clotting and artery blockage.

**Statin medication appears to both lower cholesterol and reduce artery inflammation.**

**Question: Can artery disease be reversed without using drugs and surgical intervention?**

This puzzle began to be unraveled in 1998 when Dr Dean Ornish<sup>3</sup> and his colleagues took 48 patients with significant heart disease who were randomised to either a control group or an intensive lifestyle intervention that were given a vegetarian diet, aerobic exercise, stress management training, did not smoke and received group psychosocial support. The arteries of patients were assessed with artery dye angiogram investigations at the beginning and repeated at one year and after five years.

**82% of patients in the active lifestyle group, who were not on statin drugs, showed regression in their artery plaque whereas the control group demonstrated progression in blood vessel blockage. The positive changes in the lifestyle group were more evident after five years than at one year.**

This year I listened<sup>4</sup> to Dr Stephen Gundry, former Professor of Cardiothoracic Surgery at Loma Linda University and now director of the Palm Springs Centre for Restorative Medicine, discuss his retrospective observations on 500 patients with ischaemic heart disease who undertook a nutritional- supplement programme. All had significant artery disease on stress testing. Many had already had bypass surgery and stent insertion but others undertook the programme instead of electing to have an operation.

**After five years only four of the 500 patients with significant heart disease experienced complications** - two had stent insertions, one had a brain stroke and another a carotid neck artery operation; a complication rate of 0.8 %. Gundry commented with conventional therapies the complication rate of having another heart event within five years would be between 25-50%.

He also observed on repeat coronary angiogram study the complete reversal of obstructing artery plaque occurring as early as nine months after lifestyle changes. The programme is eating low insulin stimulating foods, taking supplements, exercise, stress reduction and medical therapies.

Catchy phrases are used to remind you of what foods to eat.

**Greens to become lean** – a bag of green vegetables each day.

**Friendly foods** – limited lean animal meat and fish proteins, fresh low-fat cheeses and nuts.

**Whites keep out of sight** – avoidance of all white sugar & carbohydrate foods that stimulate insulin release.

**Beige foods better behave** – brown & wholegrain starches are removed initially because they also stimulate insulin release.

**Killer fruits-** avoiding all high sugar fruits.

**Supplements include:** magnesium, selenium, multi B vitamin, coenzyme Q10, L-carnitine and omega 3 fish oils.

To find out more read '**Dr Gundry's Diet Evolution**' available in bookstores and at fishpond.co.nz. The book has a helpful recipe section. A few books are available at Millhouse.

**Why are some races decimated with metabolic diseases?** The human race, particularly indigenous people mentioned earlier, is **genetically programmed to survive under the most severe conditions**. Survival depends on storing food energy as fat under the influence of insulin during the **plentiful SUMMER HARVEST**, preparing for the **WINTER FAMINE** which is to come. **Today there is NO WINTER but the constant availability of supermarket SUMMER sweet sugar & starchy foods.** Gundry's programme re-establishes **WINTER and the renewal of the body.**

Have a great Christmas and prosperous New Year.

Dr Richard J Coleman.



<sup>1</sup> Read on line. [http://journeytoforever.org/farm\\_library/Cleave/cleave\\_toc.html](http://journeytoforever.org/farm_library/Cleave/cleave_toc.html)

<sup>2</sup> Lancet 1977; 1: 883-884

<sup>3</sup> Lancet. 1990 Jul 21;336(8708):129-33.

<sup>4</sup> Synthesis: Functional Medicine Update Match 2011