

# THE WHOLE STORY

## NEWSLETTER

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## HEART HEALTH

It's hard not to think of all the mainstream advice about avoiding fats and cholesterol in food, and all the advertising about the necessity to take cholesterol-lowering drugs to prevent heart problems.

We have turned into a nation of fat-free food shoppers and cholesterol-measuring worriers. What if I told you that it was all a manufactured crisis - manufactured by a drug industry exploiting a system of medicine that cannot distinguish cause from effect, or symptom from disease?

The natural health field has known for years that the supposed causative link between cholesterol and heart problems is wrong, and that cholesterol-lowering drugs do *not* prevent or lower death rates. Now, finally, it has made it into the mainstream in a recent Business Week article. Finally, the "body counts" (statistics) have mounted to the point where they can no longer be ignored or hidden.

What does Business Week say?

First, we are told that some 13 million Americans are on statin (cholesterol-lowering) drugs (compared to 12 million for the rest of the world), and that health agencies feel that some 40 million Americans *should* be on statin drugs. And many health agencies and doctors are seeking to do just that. There's just a tiny catch, well, actually two.

**Statins don't work at reducing heart mortality rates, and cholesterol is part of the body's solution, not part of the problem.**

Last year, the premiere British medical journal, Lancet, published a study by Drs. John Abramson of Harvard Medical School and James M. Wright, MD of the University of British Columbia that found no evidence for a reduction in cardiac mortality. This study examined all the published data on statin drugs and their effects. [*The Lancet* 2007; 369:168-169]

More recently, data from a large study of two statin drugs, Zetia and Vytorin, was finally released after a long delay. Result? Yes, they lowered cholesterol, but they did not reduce plaque formation in arteries and did not provide any real reduction in mortality.

Business Week reports that statin drugs only benefit 1 in 100 users, but then claims a 36% reduction in the risk of a non-fatal heart attack. How is this possible? By the magic of statistics. Compared to about 3% of people taking placebo,



only about 2% of those taking statin drugs risk a heart attack.

Thus, this 1% difference gets converted into a 36% difference. It is certainly more impressive. This is like saying that some 30-40,000 people die every year from the flu, and then forget to tell people that this number includes those dying from pneumonia, and that the number of those dying from the flu or from pneumonia related to the flu is only about 1-2,000 a year. The magic of numbers can hide a lot.

When we add the disease-effects of statins to the at-best minimal benefits in reducing heart attacks, the scale tips against them significantly. A public health advocate and researcher, Bill Sardi, states the following:

For years there has been criticism that statin drugs are not totally safe, that they produce muscle aches and mental problems. But advocates for statin drugs have repeatedly claimed the benefits of statin drugs far outweigh any risks, said to occur among 2-3% of users. But the BW report cited side effects occur among 10-15% of users, which is backed by current research. [*Current Opinion Lipidology* 2007 Aug;18(4):401-8] The risks for serious side effects far outweigh any alleged benefits. (<http://www.lewrockwell.com/sardi/sardi79.html>)

It was discovered recently that statin drugs that effect the ability of the liver to produce cholesterol (where most of the cholesterol in your body comes from) do so because of the fact that they act like a synthetic Vitamin D. Again, Bill Sardi:

In 2006 Dr. Davis S. Grimes of the Blackburn Royal Infirmary in Great Britain, ruffled a lot of feathers in the medical world when he revealed that statin drugs appear to be synthetic versions (called analogs) of vitamin D. [*Lancet* 2006 Jul 1; 368(9529):83-6] All the alleged health benefits of statin drugs, prevention of osteoporosis,

cancer prevention, promotion of arterial health, parallel those of vitamin D. The pharmaceutical world was quick to deny the allegation.

So, any slight benefit from statins is likely due to their ability to mimic Vitamin D and increase Vitamin D levels in the liver.

This brings us to a very interesting, but little known fact: most of the plaque in arteries is calcium, not cholesterol. Calcium increases brittleness, whereas cholesterol tries to keep everything more flexible. Thus, as we age, the level of calcium in our arteries increases, so the body increases the level of cholesterol as well as blood pressure to keep the blood flowing. Indeed, recent studies show that higher cholesterol and blood pressure levels as we age are protective factors against such tendencies as loss of brain and circulatory function (think dementia, Alzheimers, strokes, heart attacks, etc.).

Thus, the real hero in the story should be Vitamin D. It's known that heart attacks increase in winter months as Vitamin D levels go down. So, if you want to do something healthy and romantic for your loved ones, make sure that they take natural Vitamin D every day (usually best in the form of cod liver oil, nature's gift of liquid sunshine to the frozen and dark north).

However, this is not a message that the drug companies want you to hear. I'll leave the rest of the story to Bill Sardi, an expert on Vitamin D:

But something had to be done to distract the public away from taking vitamin D pills. So a misleading claim was made that high-dose vitamin D actually induces arterial calcifications and that pharmaceutical companies would have to invent synthetic versions (analogs) of vitamin D that would not result in calcification of tissues throughout the body.

While vitamin D does induce calcification, it requires a human equivalent dose of 21,000,000 international units (IU) to do this. [*Current Opinion Lipidology* 2007 Feb; 18(1):41-6] A person would have to take over 52,000 400-IU vitamin D pills to do this.

Health directives from various public agencies attempt to steer the public away from so-called high doses of vitamin D. An [online National Institutes of Health guide](#) says 2000 IU is the "upper safe limit."

But this limit is absurd. About 30 minutes of total-body sun exposure to midday summer sun would produce about 10,000 IU of natural vitamin D and overcalcification does not occur from solar vitamin D production. Two people inadvertently consumed sugar cubes over-fortified with vitamin D and their intake was 1.7 million units per day. It took seven months before headaches and gastric side effects forced them to see a doctor, and the symptoms subsided with cessation of the use of the sugar cubes. [*Lancet*. 2002 Feb 23; 359(9307):672]

It's time for the millions of Americans taking statin drugs to confront their doctors, and inquire about substituting \$3-a-day statin drugs for a 10-cent vitamin D pill.



## Mini Raw Blueberry Pies

### Crust:

2 cups walnuts, or almonds/walnuts  
2-3 Tbsp. coconut butter  
1/2 c. dates  
dash Himalayan or Brittany salt

### Filling:

2 1/2 c. frozen blueberries, thawed a bit  
2/3 c. dates  
1 banana  
1 tsp. vanilla  
agave nectar to sweeten, if you like

Mix crust ingredients in food processor until it can be made into a loose ball. Press crusts into a muffin tin, on the bottom and up the sides.

Blend bananas, dates, vanilla and optional agave. Add most of the blueberries and blend until somewhat smooth. Add the rest of the blueberries and spoon into the crusts.

Refrigerate for two hours. You should be able to remove them easily once the crust has set.

Serve with raw cream!

from Carla Wainright



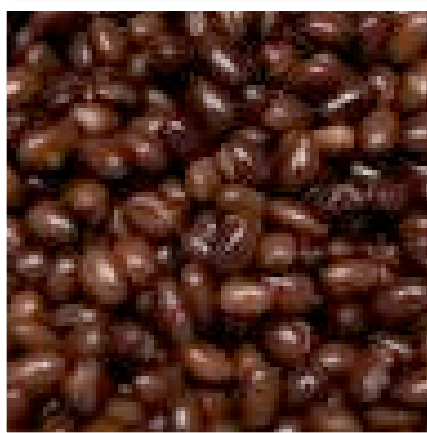
### Food Facts:

*The blueberry is one of the fruits highest in anti-oxidants, and is one of the few fruits native to North America. They have been found to enhance memory and learning. And they are delicious!*

*Black beans are a great source of protein, and provide dietary fiber too. The high fiber can help to level out blood sugar levels so are a good food choice for people with sugar issues. They are also one of the most flavourful kinds of bean.*

*Worried about flatulence when you eat beans? Chew a few caraway seeds after your meal. Not only do they make your breath fresh, they help with that embarrassing problem.*

*photo - New Jersey blueberries*



## Black Bean Patties & Salsa

Get three cans of black beans; puree one and a half cans in the food processor, and save the rest.

Add into the processor salt, pepper, garlic (all to taste) and half an onion. Add the rest of the black beans, and process only part-way, to keep it a bit chunky.

Add rice flour (or another flour) to make more solid, and shape into 3" patties.

Fry in olive oil until golden brown on both sides. Blot on paper towels.

Serve with salsa - a simple one can be made with tomatoes, onion, garlic, salt, pepper, and cilantro or basil. Salsa is very flexible and can have many things added to it.

*Black Beans - one of the most flavourful beans of all!*

from chef Kelsey Smith

## NEWS, EVENTS, CONTACT



## HCH Winter School

In late February the Hahnemann College held its first annual Winter School in the out islands of the Bahamas, in Hope Town, Elbow Cay, the Abacos. About 27 of us (half were spouses or children) enjoyed learning on the patio of the Hope Town Harbour Lodge, overlooking the gorgeous and historic Hope Town Harbour. Rudi and Patty bought land, designed a house and will be working with patients and students from Hope Town part time by the end of 2009.

While in the Abacos Patty and Rudi visited Every Child Counts in Marsh Harbour, and on behalf of themselves and some graduates of the Hahnemann College, volunteered to take on the case of a child with challenges. The government doesn't have the funding for the special children, and we know how Heilkunst can help, so it is a great combination! We will keep you posted on this activity on the Trust and our generous graduates.

## Hahnemann's Brunch

On April 6th, the HCH hosted its largest fund-raising activity of the year - the birthday brunch in honour of Dr. Samuel Hahnemann, founder of Heilkunst and homeopathy. Last year we raised \$1800.00.

The Trust helps patients in need who are not able to pay for their treatment, and provides scholarships to those wishing to study to become a Heilkünstler. When the coffers are low, the assistance to those in need is halted.

For those of you "from away," though you can't enjoy a brunch with us, you still can donate to the Trust as you are able, we appreciate it. Just write: [trust@homeopathy.com](mailto:trust@homeopathy.com). For those in Canada, a tax receipt can be issued if you like. Thanks for your support!



## Hahnemann College's Summer School

On the 11th through the 14th of July the Hahnemann College offers its Summer School, held at St. Paul's University in Ottawa, Canada. Students and patients have come from all over the world to learn more about Heilkunst, with topics from the most basic to very specific. If you'd like to consider joining us and you're not a student, write [registrar@homeopathy.com](mailto:registrar@homeopathy.com).

## Mini-courses for Families

The Hahnemann College offers courses both large and small. For parents our six-month Homeopathy at Home course is likely just what you need. It covers all of the homeopathic principles, remedy prescribing, and includes lessons on how to care for any family emergency, from first aid to colds, coughs and gastro upsets through the flu. For more information contact [registrar@homeopathy.com](mailto:registrar@homeopathy.com).

### Ottawa

1143 Mill St., Box 219  
Manotick ON K4M 1A3  
613-692-6950  
[reception@homeopathy.com](mailto:reception@homeopathy.com)  
[registrar@homeopathy.com](mailto:registrar@homeopathy.com)

### Montreal

6100 Monkland Ave., #5  
Montreal QC H4A 1H4  
514-488-1085  
[susan@homeopathy.com](mailto:susan@homeopathy.com)

### Arnprior

Kenwood Corporate Centre  
16 Edward St., Suite 113  
Arnprior ON K7S 3W4  
613-623-8804  
[manuelamcode@gmx.de](mailto:manuelamcode@gmx.de)