THE TRUTH
ABOUT HEART DISEASE

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“The diet-heart hypothesis - the greatest scientific deception of this century”, George Mann, MD

- Proposed in 1953
- Billions spent on research
- Millions of people are employed by it
- Huge political and commercial machine built on it
- Food industry makes billions on it
- Pharmaceutical industry makes billions on it

yet

The hypothesis has not been proven!
Heart disease statistics are not getting any better!
What did the science show?

• Dietary cholesterol and animal fats have nothing to do with heart disease
• Low blood cholesterol is dangerous
• People who eat the most fat & cholesterol have the lowest incidence of disease
• High blood cholesterol does not cause heart disease or atherosclerosis
• People with higher cholesterol live the longest and the healthiest lives
Low blood cholesterol

- Increases risk of heart disease & stroke
- Associated with cancer
- Associated with violence, aggression & suicide
- Associated with Parkinson’s disease
- Associated with memory loss
- Associated with poor immunity
- Learning disabilities in children & adults
- Associated with early death
Cholesterol in the body

- Vital part of every cell membrane
- From cholesterol adrenal hormones are made
- From cholesterol sex hormones are made
- From cholesterol myelin is made
- Essential for memory & learning
- From cholesterol vitamin D is made
- Essential for immunity
- From cholesterol bile salt are made

People with high cholesterol live longer.
Older people need more cholesterol.
Atherosclerosis

Coronary heart disease (CHD) – number 1 killer: 
angina pectoris & myocardial infarction (heart attack)

Stroke – third most common cause of death

Peripheral vascular disease

Kidney damage leading to high blood pressure & kidney failure
Damage to intestinal arteries & other organs
Atherosclerosis is an inflammatory condition

- Endothelium – the inner lining of blood vessels
- Inflammation & repair
- In atherosclerosis inflammation is out of control
- Atherosclerotic plaque – a never healing ulcer inside the blood vessel
- First stage plaque
- Second stage plaque
- Third stage plaque (causes 76% of all fatal heart attacks)
ATHEROSCLEROTIC PLAQUE

- 68% fibrous repair tissue, largely collagen
- 8% calcium
- 7% inflammatory cells
- 1% foam cells – enlarged white blood cells full of debris
- 16% lipid-rich necrotic core (Kragel et al, 1989)
- 74% of all fats in the core are unsaturated (Enig, 2000)
- Fats & cholesterol in the plaque are chemically damaged & oxidised
Cholesterol & fats in atherosclerosis

• Healing agents in the body essential for both inflammation & repair
• **LDL or so-called “bad cholesterol”** takes cholesterol from the liver to the plaque
• **HDL or so-called “good cholesterol”** returns cholesterol from the plaque to the liver
• Free radical damage
• Antioxidants – vitamin C, E, lipoic acid, etc
• Chemically damaged, oxidised cholesterol & fats get deposited in the plaque
Metabolic Syndrome
the cause of perpetual inflammation

• Consumption of processed carbohydrates lead to permanent glucose overload
• Glucose overload leads to overproduction of insulin
• Overproduction of insulin leads to insulin resistance
• Too much insulin leads to permanent inflammation
• Perpetual inflammation is the cause of atherosclerosis
The real causes of heart disease epidemic -

1. Metabolic syndrome
2. Anything that injures endothelium:

- Man-made chemicals:
  Personal care products
  Laundry/dishwasher
  Domestic cleaning
  Re-decoration, building
  Pharmaceuticals
  Smoking
  Industrial pollution
  Agricultural chemicals
  Tap water (chlorine, fluoride, other chemicals)

- Processed foods

- Microbes (Chlamydia pneumoniae, H. pylori, Cytomegalovirus, Herpes virus, Bacteroides gingivalis, etc)

- Abnormal gut flora

- Nutritional deficiencies
  (homocystein, Lp(a), etc)

- Lack of sun exposure leading to vitamin D deficiency

- Other (radiation, electromagnetic pollution, stress, sedentary lifestyle, etc)
**Cholesterol lowering drugs or Statins**

- Cancer
- Liver damage
- Kidney damage
- Nerve damage
- Memory loss and Parkinson’s disease
- Cognitive decline
- Heart failure through co-enzyme Q10 deficit
- Depression and short temper
- Foetal malformations if used in pregnancy
Vegetable oils & margarines

- Vigorously promoted as “heart-healthy”
- Full of trans fats and other harmful fats
- Cause cancer, diabetes, neurological damage & immune problems
- Cause atherosclerosis & heart disease
- Cause infertility
- Interfere with pregnancy
- Dangerous for foetus and baby
- Accelerate ageing
Prevent heart disease naturally!

1. Stop eating processed foods!
2. Stop polluting your body!
3. Look after your digestive system!
Put Your Heart in Your Mouth

Natural treatment for

Angina
Heart Attack
High Blood Pressure
Stroke
Atherosclerosis
Arrhythmia
Peripheral Vascular Disease

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