

Natural Medicine Indicates that Viruses and Infections Cause Heart Attacks

By Dr. Michael John Badanek, BS, DC, CNS, CTPP, DACBN, DCBCN, MSGR. /CHEV

A considerable amount of evidence indicates that atherosclerosis is caused by chronic inflammation, which often begins very early in life.

Atherosclerosis has been seen even in babies. One famous study of young soldiers – average age about 20 – who died in the Korean War, found that over half had significant atherosclerosis in their coronary arteries and aortas.

The dispute among experts is --what causes the inflammation.

One theory holds that bacteria and viruses may cause this inflammation.

So far, several organisms have been discovered to invade the walls of blood vessels, ignite inflammation and therefore accumulate crud along the vessel walls.

These include Chlamydia pneumonia, Helicobacter pylori and a herpes virus called cytomegalovirus. All of these can occur as silent chronic infections.

In addition, several studies have found a strong relationship between a common bacterium causing gum disease and atherosclerosis. In fact, the same bacterium has been cultured from the crud, or plaque, seen in arteries.

A new organism also may play a role: the nanobacterium.

Nanobacterium is smaller than most viruses and can live within the calcium deposits in atherosclerotic crud. It also grows in the mouth and produces dental plaque. What all of these organisms have in common is that they live inside cells and therefore can hide from the body's immune system.

It is the battle between the bacteria/viruses and the immune system, which is in perpetual action to destroy the invaders, that begins the process of atherosclerosis.

When a bacterium or virus invades the body, the immune system sends in its special cells to kill the invaders. One team of special cells, macrophages, does this by releasing a burst of free radicals that destroy the germs long before cholesterol makes its appearance.

This battle at the cellular level between the immune system and the infectious organisms causes great damage and plays a major role in atherosclerosis.

As with any infection, especially one that continues for decades, the body tries to seal off the infection. It does this by building a fibrous wall around the battle zone. Over time, this wall can also contain calcium deposits, and as this battle progresses, LDL cholesterol enters the injured blood vessel wall and oxidizes.

The oxidized LDL cholesterol becomes a very irritating substance, causing inflammation.

While blood cells attempt to rid the body of the cholesterol by gobbling it up like a Pac-Man, but some of these cells become so stuffed with the oxidized cholesterol that they burst, adding to the inflammation.

Immune cells then secrete a number of caustic chemicals that cause intense inflammation. Because the immune cells cannot rid the area of the microorganisms, the immune continues over decades.

Recent evidence indicates that other factors may be the cause of the inflammation that starts atherosclerosis.

For example, lead, mercury, monosodium glutamate (MSG) and fluoride can also cause the same set of inflammatory reactions in blood vessels.

Population studies show a statistical association between higher cholesterol levels and the risk of heart attacks and strokes.

Cholesterol has been singled out as the culprit, because examinations revealed that the crud caused by the inflammation contained cholesterol crystals and investigators assumed that cholesterol was the root of the problem.

But later studies show that the fats in the crud were up to 75 percent polyunsaturated fats. These fats, widely found in vegetable oils, are the very type of fats being promoted to prevent atherosclerosis.

Our facility is equipped to evaluate and treat this mentioned issue resulting in cardiovascular disease with the latest in diagnostic techniques and natural treatment protocols which will not cause any secondary side effects. So schedule an appointment if you or a loved one suspects issues pending.

Dr. Badanek has been and currently is 37 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151

