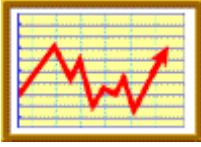


Healthy Choices Herald

November, 2009



Health Alert

by Dr. Bruce West

A Heart Heals Itself!

In yet another amazing “discovery” and turnaround in the world of cardiac thinking, a young girl from England has proven what I have said for more than 30 years-***the heart can heal itself***. This girl’s heart healed itself-and not from just a slight condition, but from severe heart failure that required an additional heart be transplanted to “piggyback” on her own heart! At one point she was given 12 hours to live. An Associated Press release (7-19-09) states that doctors are “amazed and stunned.” Virtually all cardiac “experts” (not including me) believe it ***is impossible*** for the heart to heal itself. Yet the past president of the American College of Cardiology now says “the heart apparently has major regenerative powers.” The only thing missing from these new statements is that the heart has major regenerative powers ***when it is provided the nutrition that it needs***.

Now compare these new “startling findings” to some of the statements that I have made over the decades, such as: “the heart is the most responsive organ in the body to proper nutritional therapy”; “beriberi is the major cause of heart disease, and when you cure the beriberi, the heart cures itself”; “your body has its own built-in cardiac regenerative system which can provide a natural bypass if you develop clogged arteries”; “the heart is the easiest organ in the body to fix”; and “if you simply forego the typical processed food diet for one of whole foods, get up and exercise, drink a source of pure water, consider drugs and surgery as treatments of last resort, and utilize a proper individualized phytonutrient program, ***your heart can heal itself at any age.***”

Calling it a “miracle,” the young girl’s recovery did come at a cost. Hannah Clark of Cardiff Wales had a transplant at an early age (before her “diseased” heart healed itself). The donated heart “piggybacked” on Hannah’s heart and kept her alive while her own heart took a long rest and rejuvenated. However, the drugs given to Hannah to keep her body from rejecting the transplanted heart caused malignant cancer that required chemotherapy. She is evidently in remission at this time. And cardiologists familiar with the case are still marveling at the heart’s ability to heal.

These cardiologists are now making statements similar to those in *Health Alert*. They are now sure that the heart can heal itself with remarkable regenerative powers. However, because beriberi is a disease medically considered to be eradicated, and since phytonutrient and nutritional therapies are not only ignored but mostly considered taboo, heart experts still have no idea how to stimulate the heart to heal.

Admitting to the healing powers, they are now setting out to discover just how these powers work. If the investigation into these powers revolves around new drugs, heart patients will be faced with another 10 to 30 years of wasted time. If, based on this “miracle,” a new breed of heart researchers emerges, and if they investigate the beriberi/B-vitamin deficiency connection to heart disease, they will be in for a real shock. Instead of one girl from England with a heart that heals itself, they will find that **most heart patients** can heal their own hearts—and all without drugs and surgery! Can that kind of discovery actually be made and published in today’s megalomaniacal world of corporate medicine and pharmaceuticals?

Trust is Timeless

The truth is that your heart muscle can be paralyzed with a subclinical case of beriberi. This paralysis can produce all kinds of symptoms, including an enlarged heart, heart failure, leaking heart valves, arrhythmias (irregular heartbeats) of all kinds, and heart attacks. This is the main cause of heart disease. The heart can indeed heal itself when provided the nutrients it needs to regenerate—in particular, the entire B complex of vitamins. Typical B vitamins (no matter how “potent” they claim to be) will not resolve the problem because they lack most factors that make up the entire B complex, including vitamin B4 which cannot be synthesized.

To resolve beriberi of the heart—no matter what age or heart condition—supplement with at least **Cataplex B** (6-9 daily), **Cardio-Plus** (6-12 daily) and **Min-Tran** (6-12 daily) from Standard Process, plus **Blue Ice™ High Vitamin Fermented Cod Liver Oil** (2-6 capsules daily). If everyone with heart ailments did this, medical heart healing and regeneration would be as routine as it is with our heart patients—now numbering close to 60,000.

Medical scientists will mull over the “cause” of Hannah’s heart healing for years because they will, most likely, fail to look in the right place. And even if the real cause and cure were discovered, it would never be published or become the medical gold standard because of the bloated, super expensive, super-high-tech worlds of hospitals, drugs, cardiac, surgeries, and screenings with follow-up diagnostics and procedures. There is just too much money in it. So make sure you follow Health Alert’s advice—advice that is constantly proven, year-to-year, and that points out, once again, that truth is truly timeless.

Coming Soon! Health Empowerment in Ten Minutes!

Take responsibility for your own health needs. **Has stress shown up in your life as one of the following?** Fatigue, restless sleep, performance anxiety, headaches, allergies, insomnia, food cravings, poor focus, “tight” golf swing, nagging physical limitations, unmotivated to exercise... **Health Empowerment in Ten Minutes for Your Whole Family with or without government run healthcare.**

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Class Details - Course registration begins August 15, 2009

- Saturday, December 5, 2009
- 10:00 AM – 6:00 PM
- \$115 adult (includes manual) **Course #103438**
- \$40 ages 12 – 18 (additional manual may be purchased for \$15 if parent already enrolled and receiving manual.) **Course #103439**
- Sign up at www.PlanoParks.org or call The Tom Muehlenbeck Center at 972-769-4404
- Don't live in Dallas-Ft. Worth? Find your BodyTalk Access class at www.bodytalksystem.com

Seating is limited so don't delay!

Power Food Habits*

Section III. Meat, Poultry, Fish

1. Red Meat

Avoid eating red meat (such as beef, veal, lamb, hamburger, hot dogs, etc.), even from natural sources, unless you are engaged in heavy labor or workout vigorously on a regular basis. Purines from cooked red meat are one of the hardest metabolic toxins to clear from the body, especially if one is sedentary or if one is already ill. The regular eating of cooked red meat is linked in worldwide research with the increased incidence of chronic degenerative disease, especially arthritis, diabetes and cancer.



Commercial Meat

Commercially grown meat (found in typical grocery stores and in restaurant food) is heavily contaminated. For example, long-range FDA studies show that commercial red meat has the following typical amounts of pesticide/chemical residues:

Alarming Amounts of Pesticide Residues Detected in Red Meat

<u>Product</u>	<u>No. of Pesticide/Chemical Residues Detected</u> <i>(Typically per 16 samples)</i>
Bacon	48
Beef (ground)	82
Bologna	102
Hamburger (fast food)	110
Lamb Chops	49

In addition, commercial red meat is loaded with undesirable antibiotic and hormone residues. Veal contains dangerously high antibiotic and sulfa drug residues. Some researchers believe that eating meat with these antibiotic residues can damage your intestinal ecology and decrease your resistance to disease.

Natural Beef

We have found no acceptable sources for beef available to the public, including supposedly “natural” varieties. If you wish to eat red meat, we recommend purchasing beef from a farmer who raises the beef specifically for you, using organic feeds, and on hormones or antibiotics.

2. Pork

In the Bible (Leviticus 11), we are told not to eat “unclean meat,” such as pork and all its products: ham, bacon, sausage, pork chops, spare ribs, etc. Pork digests too rapidly, causing more energy to be released than the body can use, creating digestive stress and elimination hardship. In addition, commercial sources of pork are heavily contaminated with pesticide residues and chemical contaminants. Researchers have pointed out that pork is a frequent source of parasites.

3. Poultry

Use naturally grown poultry sources. Avoid commercially grown sources.

The Best Choice: Chicken

We recommend eating chicken that is “naturally grown” such as Foster Farms (stocked at Hughes Supermarket and other stores) or Shelton’s brands. Check out other natural brands in your area. We have found that many so-called “natural” brands test very poorly.

Commercial Chicken

Avoid eating commercial sources of poultry (such as from grocery stores or restaurants). Commercial sources are typically heavily contaminated. For example, FDA studies show that store-bought oven-roasted chicken typically contains on average 42 different pesticide residues in addition to antibiotic residues.

Turkey

We recommend avoiding turkey at this time. Even natural sources of turkey have tested very poorly. We have observed that those eating turkey have frequently become symptomatic.

4. Fish

Buy fresh fish only. Avoid buying frozen fish (which may be stale or of poor quality but difficult to tell because it’s frozen). For storage, buy an extra amount of fresh fish and freeze it yourself (so you know its age and quality).

Recommend varieties of fresh fish: Chilean sea bass, salmon, cod. Eat only scale fish (with fins), not skin fish.

Avoid the “unclean meat” of shellfish and scavengers (the “garbage eaters”), which includes shrimp, tuna, mackerel, catfish, oysters, lobster, clams, and scallops. Shellfish and scavengers routinely contain high levels of heavy metals and other contaminants.

Food For Thought...

Retreat to advance. Sometimes the most important and urgent thing we can do is get away to a peaceful and quiet place.