

HEART DISEASE TREATMENT COMPARISON

MEDICAL WAY	SMART WAY
<p>Stent /Angioplasty (average cost \$40,000) – a band aid approach to a systemic problem.</p> <ul style="list-style-type: none"> • Risk of serious complications • Risk of recurring cardiac events or re-stenting • Blood thinning drugs cause mini strokes and organ damage • Big needle up the groin! <p>Heart Bypass (average cost \$100,000 - \$200,000)</p> <ul style="list-style-type: none"> • Buzz saw and crack open rib cage • Long, painful recovery with dangerous pain meds • Serious risk of complications • More health damaging drugs and blood thinners • “Pump Head” brain damage from being on heart/lung machine • Overemphasized urgency so no time to consider alternatives. <p>*After all this the diet they recommend insures your heart disease will continue to progress!</p>	<ul style="list-style-type: none"> • Begins unclogging <u>all</u> arteries from day 1 • Guarantee better health the longer you do it • No side effects, no drugs, no more statins • No risk of surgical complications • No risk of toxic drug complications • No recurring heart problems • Lower blood pressure • No copayments or expensive toxic drugs • Sports and exercise encouraged soon after starting • Normalize your weight and eat all you want <p>Watch the films “Eating” and “Forks over Knives” for full story. Read book “Prevent and Reverse Heart Disease” by Cauldwell Esselstyn MD (Cleveland Clinic)</p> <p>Just follow the advice and recipes in the book.</p>

Bill Clinton is a great example of how the current “treatment” for heart disease makes for a continued customer for the Heart Wing of the Hospital. (If you live through it all).

2001 – Bill started taking simvastatin (Zocor) because of elevated cholesterol levels.

2004 - **BYPASS!** urgent quadruple coronary bypass surgery!

2005 - **COMPLICATIONS** - Clinton had an elective operation to correct a complication of his coronary bypass. Called "decortication," the operation removed part of the lining around the lower lobe of the left lung, the lining having become much thicker than usual as a result of the irritation caused by the bypass.

2006 – BRAIN DAMAGE! - Bill Clinton’s Madness: A Consequence of Heart-Bypass Surgery Brain Damage = [Editorial by Dr John McDougall explaining how brain damage as a result of Clinton’s bypass surgery is likely the cause of his recent unusual behavior and outbursts.](#)

Feb 2010 – STENT! - Chest pains - taken to a New York hospital, where doctors gave him an excellent prognosis after inserting 2 stents in one of his coronary arteries.

Spring 2010 – VEGAN! - At the urging of his daughter Chelsea who is a vegan, Bill adopts a plant based diet to prevent any further heart issues and insure he will be around to walk her down the aisle. "I've stopped eating meat, cheese, milk, even fish. No dairy at all." He smiled and yanked on his waistband. "I've lost more than 20 pounds so far, aiming for about 30 before Chelsea's wedding. And I have so much more energy now! I feel great." (He achieved his ideal weight in time for his daughter's marriage on July 31, 2010.)

No heart problems since...