

Dr. Henry G. Bieler's View of Heart Disease

By
David L. Duffy MD

Dr. Henry G. Bieler in his book *Food Is Your Best Medicine* (Random House, Inc. Feb. 1966, Chapter 10) analyzes the problem of cholesterol, atherosclerosis, and heart disease. He teaches the following principles.



Role of Cholesterol:

Good health includes a good circulation. Cholesterol is a fat-like substance which provides lubrication in the lining of the arteries. In addition to cholesterol in the diet, the body manufactures cholesterol in the liver. The liver provides cholesterol for the cells which line the arteries. When arterial cells wear out they are cast off and excreted by the body. New cells grow and absorb new cholesterol from the blood.

The cholesterol concentration in the blood increases when the breakdown of arterial cells exceeds the building up. The overeating of natural fats does not cause arterial disease.

Trouble arises when natural fats which have been altered by being overheated are eaten as food. When fat and starch are heated together (as in French fried potatoes) defective fats are digested and brought to the liver. When the liver manufactures cholesterol from unnatural fat, the cholesterol is defective. The altered cholesterol when it is incorporated in the arteries quickly breaks down. The blood vessels degenerate and lead to atherosclerosis. The atherosclerosis is accompanied by an elevated concentration of cholesterol in the blood.

The primitive diet of the Eskimos included large amounts of fat derived from walrus and seal meat. Their cholesterol levels were normal and their arteries were healthy.

The finding of high blood cholesterol indicates the presence of a disturbance in fat metabolism as well as the metabolism of carbohydrates and proteins. Foods containing altered fats include fried potatoes, donuts, hot cakes, pie crust, pastries, potato chips, and pop corn.

The heart pumps blood to the rest of the body. The coronary arteries supply blood to the heart. When the blood supply to the heart is cut off, the heart is damaged.

In addition to muscle, the heart contains valves and fibrous cords that support the valves. As the heart deteriorates the muscle loses strength,

valves lose elasticity, and blood vessels harden. The walls dilate, the timing mechanism is disturbed, and the pump fails.

The Heart and Endocrine Glands:

Dr. Bieler describes the relationship between the heart and the endocrine glands. If the heart is like an engine, adrenal hormones are like the gasoline. Adrenaline speeds up the heart and causes the heart to pump harder and to consume more oxygen. The thyroid is like the carburetor. The thyroid controls the rate of the metabolism. When the thyroid is overactive the heart beats rapidly and the person has excess energy. When the thyroid is low, the heart beats slowly and the person feels weak and tired. The pituitary is like the driver. It monitors the blood and directs the other endocrine glands,

Dr. Bieler observes that the symptoms of chest pain described as a heart attack often follow a sudden surge in the output of the adrenal glands. This adrenal "bath" is a response to acute toxemia resulting from chemical or nervous shock or both.

Both the liver and kidneys filter the blood. When these organs are unable to cope with a toxic load in the blood, a great strain is placed on the heart. A congested liver leads to buildup of pressure in the veins. The kidneys filter blood from the arteries. If the small filters in the kidneys (called glomeruli) become clogged or damaged the arterial blood pressure goes up. The heart tries harder to push the blood through the kidney filter.

While much attention is focused on the heart, the real solution comes from paying attention to the abnormal condition of the liver and kidneys. In order to protect the heart one needs to restore a diet that keeps the liver and kidneys clean. A meal of many courses throws a sudden load on the heart. Frequent small meals are better than overeating at one large meal. Sweet desserts and fat foods such as fatty meats and gravies should be replaced with vegetable soup, lean meats, vegetables, salads, and fruits.

The Modern View of Heart Disease:

Modern medicine's current model of atherosclerosis puts the blame on excess low density lipoprotein (LDL). LDL is a protein which transports most of the cholesterol in the blood stream, A diet rich in saturated fats can increase LDL production. Oxidation of LDL may increase the tendency to produce atherosclerosis. Modern medicine has neither confirmed nor denied Dr. Bieler's concept. The focus of modern medicine is to reduce the level of LDL in the blood by using drugs. Coronary artery disease is treated by placing wire mesh inside the coronary arteries to keep them open (called stents") or coronary artery bypass surgery.

In contrast Dr. Bieler focuses on diet as the best way to treat those with heart disease and prevent it in the first place. He uses the term "toxemia" as a concept rather than identifying particular poisons in the blood. Whereas

lead and arsenic are toxic metals, the "toxemia" of the blood may be more accurately described as "biological clutter". Diabetes with chronic blood sugar elevation is a risk factor for coronary artery disease. The dynamics of the clotting system is closely related to heart attacks. When an atherosclerotic plaque breaks down the exposed tissue triggers clot formation. A clot in a narrow coronary artery can cause a heart attack. Again modern medicine focuses on using medication such as aspirin and Plavix to inhibit clotting and prevent heart attacks.

Conclusion:

Both Arnold Ehret and Dr. Henry Bieler lacked the benefit of modern biochemistry. Their theories and explanations may be simplistic and in some cases are incorrect.

Professor Arnold Ehret founded The Club at the turn of the century. Today the goal of The Club is to assist people in their quest for better health through Professor Ehret's teachings.

The Club is where Ehretists and people interested in their health can work with other similarly motivated people to gain that edge. You are all welcomed to be a part of this exciting club that was designed by Ehret to unlock the healthfulness in all of us.

Join The Arnold Ehret Health Club Today!

<http://arnoldehret.org>

The Ehret Literature Publishing Company, Inc
PO BOX 24
Dobbs Ferry, NY 10522-0024



Copyright @2008