

“I just began doing the Pauling program for heart disease and had a tremendous relief in symptoms in 10 days.” — Tanya Bartunek, Sunrise Farm, 2004

Chapter 1

The Problem With Cardiology

The medical specialist who treats heart patients is a cardiologist. Typically, a cardiologist must attend four years of medical school, three years of residency in internal medicine, and three years of fellowship training in cardiology. According to statistics published by the American Heart Association (AHA), these specialists are involved with the care of more than 50 million American adults who have been diagnosed with some form of heart disease.

American cardiologists use a broad range of diagnostic procedures and prescribe from among a myriad of heart medications that have been approved by the FDA. Well-equipped cardiologists are competent to diagnose heart disease from blood tests. According to news reports, nearly half of emergency room visits for chest pain are not for heart attacks. These common pains are usually from indigestion.

The best selling prescription drugs are the cholesterol-lowering *statin* drugs prescribed by cardiologists such as Lipitor®, Zocor®, and Crestor®. These drugs are thought to be so beneficial that doctors will even prescribe them for people with low cholesterol. The pharmaceutical company Merck & Co., Inc. has petitioned the FDA to allow its statin drug Mevacor® to be sold over the counter without a prescription.

Collectively, the statistics published by the AHA and the Center for Disease Control (CDC) are appalling, in that cardiologists and cardiac surgeons together performed more than 900,000 heart operations in the United States during 1996, i.e. 500,000 coronary artery bypass graft procedures and 400,000 balloon angioplasty procedures. Symptoms of the disease reappear in nearly half of the heart patients who undergo these types of procedures. Therefore, the treatment was a failure in nearly 360,000 patients.

Restenosis is the term used by cardiologists for the regrowth of atherosclerotic plaques after heart surgeries. In vain attempts to stop restenosis cardiologists often resort to the routine insertion of hollow

metal scaffolds called bare metal stents into the coronary arteries and bypass grafts. However, stents have not solved the problem of rapid reocclusion.

The problem, in our opinion, is that cardiologists do not understand the nature of the disease they are licensed to treat. If they did understand, so many would not routinely advise their patients against vitamin C.

This year alone, heart disease and stroke will kill more than 700,000 Americans.

Why Are Cardiologists Anti-Vitamin C?

Pauling therapy advocates have, over the past 14 years, received hundreds of reports from heart patients who have self-administered the Pauling therapy. Richard's is one of the more recent cases and you can read his full story in Chapter 8: