



One Heart, One Chance

By: Lorraine Andres RHNC & Nutritional Microscopy Practitioner

11063 Okanagan Centre Rd. East

Lake Country, BC V4V 1H3

250-575-3772

lorraine@truehealthcanada.ca

November 23, 2018

In today's fast-paced life, are we caught up trying to stay on top of the latest statistics, marketing ploys and listening only to our traditional MD's? Or are Doctors advocating the newest drugs and fail to be satisfied with simple truths and preventive measures?

High blood pressure, angina, atrial fibrillation, coronary artery disease, heart attack, abnormal heart rhythms or arrhythmias, heart failure, heart valve disease, congenital heart disease and heart muscle disease (cardiomyopathy)... and other heart related conditions, all have two things in common. Dehydration and mineral deficiency.

Water and mineral ratio balance are not at the top of protocols of today's average medical doctor. Why is that? Water is not *prescribed* to patients. Minerals are a natural source, readily available and therefore not on the prescription list either. If doctors don't have more than an average of 3 hours of nutritional training, why are people seeking nutritional guidance from them? It is clear, dietary and lifestyle changes are not suggested, only a variety of prescriptions.

When we have simple solutions at our fingertips, where and why has the medical system gone astray down the path of prescription medications before rebalancing the metabolism of the body? Who or what is the goal? A person, or the trail of money leading back to Big Pharma?

INTRODUCTION

Today, in lean North American adults, body fluids make up between 55% and 60% of total body mass. The body is in fluid balance when the required amounts of water and solutes are present and are correctly proportioned among various compartments.

Water is by far the largest single component of the body, making up 45-75% of total body mass, depending on age and gender. ¹

Water continuously exchanges between fluid compartments to help maintain osmotic balance.

If you're drinking tap or bottled water right now, 75% of your body may be toxic, period.

The body maintains fluid balance within two main 'compartments': inside and outside cells. Two thirds of body fluid is intracellular fluid (ICF), and the other one third is extracellular fluid (ECF). The ECF includes all other body fluids (for example: lymph in lymphatic vessels, cerebrospinal fluid, synovial fluid, aqueous humor, etc.) Of the ECF, approximately 80% is interstitial fluid (this is within the areas between tissue cells) and 20% is blood plasma.

Plasma is the liquid portion of blood – a protein-salt solution in which red and white blood cells and platelets are suspended.

According to H.H. Mitchell, Journal of Biological Chemistry 158, the brain and heart are composed of **73% water**, and the lungs are about **83% water**. The skin contains **64% water**, muscles and kidneys are 79%, and even the bones are watery: 31%. 3

Understanding the importance of the movement of water between fluid compartments is a vital step in electrolyte balance. Intracellular and interstitial fluids normally have the same osmotic pressure, so cells neither shrink nor swell. An increase in the osmotic pressure of interstitial fluid draws water out of cells, so a slight shrinking takes effect. Na⁺ concentration variations triggers changes in osmotic pressure.

Sodium, Chloride, potassium and calcium ions are in concentrations that perform certain functions that need to be regulated. Ions are formed when electrolytes break apart in order to carry out these four general functions in the body.

Ions carry electrical current, which allows production of nerve impulses. Optimal activity of enzymes requires several ions, as they serve as cofactors. To help maintain the acid-base balance, certain ions are also required for normal cellular activities. The osmosis of water between fluid compartments is controlled by certain ions, as well.

On an average day, an adult body regulates approximately 2500 ml in water balance, water gain/water loss. Should a person experience more water loss than gained, *dehydration* results. This creates a decrease in volume and an increase in osmotic pressure of body fluids, therefore stimulating thirst. A decrease of 2% of body mass due to fluid loss, mild dehydration is a result. Decreasing blood volume causes blood pressure to fall. As a result, the kidneys are stimulated to release renin, which promotes the formation of angiotensin II. A process of hormone reactions ensues ending in triggering the *thirst centre* in the hypothalamus, therefore governing the response to drink.

When a state of dehydration is prolonged or ignored, a person may experience a sense of confusion. Where heavy sweating, diarrhea or vomiting occurs, it is important to replace excess loss of fluids to maintain an osmotic balance and fluid homeostasis or serious blood electrolyte imbalances may result.

With a decreased sodium (Na⁺) intake, dehydration may cause Hypnatremia. One may experience muscular weakness, dizziness, headache and hypotension. Tachycardia and shock are signs not to be ignored, along with possible mental confusion, stupor and coma.

A magnesium (an essential trace mineral) deficiency is recognized as Hypomagnesemia. This may be due to inadequate intake or excessive loss in urine or feces. This can be seen in alcoholics, malnutrition, diabetes mellitus and diuretic therapy.

Signs and symptoms may include weakness, irritability, tetany, delirium, convulsions, confusion, anorexia, nausea, vomiting, paresthesia and cardiac arrhythmias. 2

As we age, intracellular fluid volume decreases, along with potassium due to declining skeletal muscle mass. Electrolytes must be maintained in our diet.

Typically, when the hypothalamus is triggered to hydrate with healthy water, it is already too late and pleomorphic stages of degeneration begin. The simple solution is to always stay hydrated before you feel thirsty!

Will any water do? Simple answer: No.

This may shock many people; if you are drinking from public or community water systems, you may be surprised to find that there are contaminants and chemicals found in water in most homes. These unwelcome additives can actually work against your best efforts to stay hydrated and healthy.

Many prominent scientists are alarmed by the content of some drinking water and actively seek to change the processes involved. The practice of making water safe to drink actually involves adding large amounts of extremely poisonous chemicals to it. Key scientists are now providing evidence that long-term ingestion of small amounts of chemicals like these could be the cause of some major health problems.

Here is a list of just a few of the chemicals routinely added to our water supply:

- *Liquified chlorine*
- *Fluorosilicic acid*
- *Aluminium sulphate*
- *Calcium hydroxide*
- *Sodium silicofluoride*

Even if the water leaves the source in a relatively clean state, don't forget that your water travels through pipes, which may have been underground since Victorian times. It is almost impossible for the water not to become contaminated by something undesirable.

Contaminants in Tap Water

Tap water is treated with a large number of chemicals in order to kill bacteria and other microorganisms. In addition, it may contain other undesirable contaminants like toxic metal salts, hormones and pesticides, or it may become contaminated by chemicals or microbes within pipes (e.g. lead, bacteria, protozoa).

Typical tap water may contain the following: Chlorine, Fluorine compounds, Trihalomethanes (THMs), Salts of arsenic, radium, aluminum, copper, lead, mercury, cadmium, barium, Hormones, Nitrates and Pesticides. 11

Is there *healthy* water?

Electrolyzed-reduced water (ERW) protects against oxidative damage to DNA, RNA, and protein. 6

“Effect of electrolyzed high-pH alkaline water on blood viscosity in healthy adults”, posted in PubMed, explains a significant difference in whole blood viscosity was detected in this study when assessing a high-pH, electrolyte water versus an acceptable

standard purified water during the recovery phase following strenuous exercise-induced dehydration. 7

“In my quest to guide patients on a path to aging gracefully, I came across the revolutionary bio-benefits of molecular hydrogen. At first, I found studies of molecular hydrogen-infused water in medical journals, detailing its ability to efficiently reduce oxidative stress with potential for the improvement of mitochondrial diseases,” notes Dr. Carolina G. Sierra, a leading Internist and Endocrinologist in Manhattan. “Given the clinical evidence of reduced oxidative stress and mitochondrial diseases, all these areas - inflammation, hydration, pain, improved skin health - can benefit from hydrogen-infused water. The mere fact that it encourages patients to drink more water, then coupled with the benefits of molecular hydrogen, immediately provides patients an advantage in their pursuit for overall wellness.” 9

Dr. G. Batmanghelidj explains, ‘Water prevents and cures angina’. He speaks in reference to ionized water. Heart pain ‘angina’ is a sign of water shortage in the heart and lung axis. It should be treated with increased water intake until the patient is free of pain and independent of medications. Medical supervision is prudent. However, increased water intake is angina's cure.

Water prevents and cures high blood pressure. Hypertension is a state of adaptation of the body to a generalized drought, when there is not enough water to fill all the blood vessels that diffuse water into vital cells. As part of the mechanism of reverse osmosis, when water from the blood serum is filtered and injected into important cells through minute holes in their membranes, extra pressure is needed for the "injection process." Just as we inject I.V. "water" in hospitals, so the body injects water into tens of trillions of cells all at the same time. Water and some sea salt intake will bring blood pressure back to normal! Tragedy: Not recognizing hypertension as one of the major indicators of dehydration in the human body, and treating it with diuretics that further dehydrate the body will, in time, cause blockage by cholesterol of the heart arteries and the arteries that go to the brain. It will cause heart attacks and small or massive strokes that paralyze. It will eventually cause kidney disease. It will cause brain damage and neurological disorders, such as Alzheimer's disease. 4

Not just water, but mineral imbalances attribute to many symptoms similar to Coronary artery disease.

CAD affects over 15 million Americans, making it the most common form of heart disease and causing arrhythmia, angina and heart attack. CAD is mostly attributed to atherosclerosis, which happens when a waxy plaque, made of cholesterol, fatty compounds, calcium and a blood-clotting material called fibrin, forms inside the arteries. According to MD's today the only treatment for plaque is statin drugs to decrease cholesterol. MD's are mainstreaming everyone over 75 years of age onto statin drugs. Statins cause magnesium deficiency and along with that, magnesium deficiency symptoms of muscle cramps, pain, stiffness, swelling, weakness, tachycardia, anxiety and depression. A common statin used is called Lipitor. This is synthesized with a fluoride molecule to make it more powerful. However, fluoride binds irreversibly with magnesium, making a brittle substance called Magnesium fluoride, MgF_2+ , or sellaite.

Sellaite replaces magnesium in bone and cartilage, making cartilage and tendons prone to rupture and bones prone to fracture.

What is happening today, are people taking drugs that cause magnesium deficiency to treat magnesium deficiency, which just doesn't make sense!

An imbalance of electrolyte minerals (magnesium, sodium, potassium, and calcium) can alter the way the heart conducts electricity. Doctors that tell their patients to avoid sodium and take potassium and calcium, and completely omit magnesium, can cause muscle tension, tachycardia and symptoms of anxiety. 5

In his book *My Own Country*, Dr. Abraham Verghese mentions the arrogance of medicine in the in the 90s with the staggering advances in technology. The epidemic of overtesting and overdiagnosis is evidence of that in both allopathic and alternative medicine. I think of the quote "Doctors are men, who prescribe medicines of which they know little, to cure diseases of which they know less, for men, of whom they know nothing at all." And just put in tests instead of medicines "Doctors are men/women, who prescribe tests of which they know little, to cure diseases of which they know less, for patients, of whom they know nothing at all."5

Dr. Carolyn Dean MD ND, encourages people to research the importance of a healthy water base, while including essential minerals, vitamins, pre/probiotics and quality proteins to complete a healthy diet. Dr. Dean expresses her concern for adequate hydration. When we purify water these days, most of the good minerals are lost with the bad chemicals that we are purifying, therefore hydration and remineralization go together. Much is learned from Dr. Carolyn Dean's many books, podcasts and published articles.

In my research, many doctors around the world concluded how our food, diet and lifestyle choices impact, in one way or another, our eleven principal systems of the human body.

Dr. Peter D'Adamo ND, an internationally respected 'Blood Type Doctor', publishes documented studies associating medical risks with specific blood types. For example, Blood type 'O' has a higher association with blood-clotting disorders. Blood types 'A' and 'AB' individuals reveal higher risks of heart disease.

Secretor status is contributing factor in heart health, brought to public light by Dr. D'Adamo. Everyone carries a blood type antigen on their blood cells, however, about 80% of each blood type also secretes blood type antigens into body fluids, such as saliva, mucus and sperm. These people are called secretors. The other 20% of people that do not secrete blood type antigens into body fluids are called non-secretors.

Metabolic function and immune defense depend on antigens. Non-secretors are placed at a disadvantage, therefore, are more likely to suffer from cardiovascular disease and related syndromes.

According to extensive research, non-secretors of all blood types have lower levels of intestinal alkaline phosphatase activity than secretors.

Although leading into another holistic alternative solution to heart disease, this brief explanation of secretors vs non-secretors will aid you within this topic, allowing the anticipation of additional in-depth articles to follow.

Dr. D'Adamo, and many who share his teachings, has extensively tested thousands of foods with his in-depth knowledge of Ayurvedic medicine to categorize suitable food groups according to each blood type and secretor status. All food groups are organized into columns of 'beneficial' (medicinal qualities), 'neutral' (acceptable but not a source of nutrients), and 'avoid' (foods not conducive to health). Several thousands of people around the world have experienced a return to health through the Blood Type Diet along with lifestyle changes. *12*

We now begin to visualize two sides of the spectrum. We have a natural alternative approach and the traditional routine.

Approximately, 610,000 people die of **heart disease** in the United States every year—that's 1 in every 4 deaths. **Heart disease** is the leading cause of death for both men and women; this includes African Americans, Hispanics, and whites. For American Indians or Alaska Natives and Asians or Pacific Islanders, **heart disease** is second only to cancer.

According to Pharmadeathclock.com, over 2 million people have suffered to death from adverse (prescription) drug reactions.

If you're over 65, odds are you're taking at least five or six medications every day. Do you know what they're doing to your body? You probably don't, and your doctor might not either.

"The average person over 65 now uses seven different medications per day, four prescribed and three over-the-counter," says Andrew Duxbury, MD, associate professor of geriatrics at the University of Alabama at Birmingham and director of the senior care clinic at UAB's Kirklin Clinic. "There's never been a controlled study on a human being involving more than three drugs circulating in the body at the same time. So no one knows, scientifically, exactly what's going on in your body when you take seven, 10, or a dozen at a time."

Medication errors in seniors are among the most common preventable errors in the healthcare system today. About one in every three people over 65 will have some sort of adverse medication event that requires a hospital visit, according to Duxbury, and some 10% to 15% of all emergency room visits are related to medication reactions or drug interaction problems in seniors. *10*

There are no side effects or deaths due to a healthy, balanced diet, adequate (%DV) minerals, vitamins, pre and probiotics and healthy, ionized water.

TOTAL DEATHS SINCE JANUARY 1, 2000...

BIG PHARMA'S CHEMICAL WARFARE ON HUMANITY DWARFS THE NUMBER OF VICTIMS KILLED BY ALL WORLD WARS AND ACTS OF TERRORISM COMBINED...

While drug companies profit billions, people are dying by the millions.

On this website, <http://pharmadeathclock.com/>, I invite you to see many more causes of death...that may all be preventable.

Conclusion,

Staggering testimonials result from a holistic approach from many respected Doctors, alternative Health Care Professionals and people, that prove a path of prevention is the least expensive, healthy, heart-loving alternative, benefiting the consumer.

Staggering statistics result from a traditional approach from traditional medical doctors that are mandated to diagnose conditions in order to prescribe a lab-formulated drug that rinses clean the wallets of taxpayers to their untimely death, therefore benefiting drug companies. Your health has nothing to do with it.

Dehydration is one of the first contributing factors of dis-ease and is preventable. Include an Ionizing water unit in your home. They are available through qualified distributors or retailers.

Mineral deficiency is the second contributing factor of heart-related conditions and is preventable. Quality food-sourced mineral supplements are readily available throughout Canada and the U.S.

There's the option of taking a step deeper, a diet according to your blood type, avoiding lectins and foods less (individually) compatible, which provides additional health benefits on a preventative path.

Lifestyle changes are an important piece of everyone's puzzle. Maintaining regular exercise and activity facilitates a path to wellness. Have fun and treat yourself to a stimulating massage treatment to boost your circulatory system.

We know that a one-size-fits-all approach to diet and exercise doesn't work. Your health coach can establish a goal to help you discover the path that's right for you.

We have one heart. We have one chance. Take control of *your body* to ensure a long, healthy life, full of vitality and quality to a natural death.

Why wait? Call your Holistic Nutritional Health Coach today for your consultation!

References

- 1,2 *Introduction to the Human Body*, by Tortora & Derrickson, Pg. 503-509
3. H.H. Mitchell, *Journal of Biological Chemistry* 158 Posted, July 23, 2018
4. "Your Body's Many Cries for Water" - By F. Batmanghelidj, M.D.
5,6.. Dr. Carolyn Dean MD NP
6. Pubmed article [Appl Biochem Biotechnol](https://pubmed.ncbi.nlm.nih.gov/17159237). 2006 Nov;135(2):133-44.
<https://www.ncbi.nlm.nih.gov/pubmed/17159237>
7. Pubmed article <https://www.ncbi.nlm.nih.gov/pubmed/27932937>
8. Heart Disease Facts & Statistics | cdc.gov <https://www.cdc.gov/heartdisease/facts.htm>
9. Huffpost, Shannon McDeez, Contributor, Jul 20, 2017
10. Gina Shaw, WebMD Archives
11. http://freshlysqueezedwater.org.uk/waterarticle_watercontent.php, What's in Your Drinking Water?
12. Dr. Peter D'Adamo, author 'Fight Cardiovascular Disease with the Blood Type Diet'.