

The Bob Livingston Letter

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Is Heart Attack Caused by Occlusion Or Pathological Acidosis?

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With All of Our Focus on Cholesterol and Blocked Coronary Arteries?

The bypass heart surgery industry is based on operating on blocked coronary arteries. Both the surgeon and the patient believe that removal of blockages prevents or helps prevent heart attack. Bypass surgery is a huge industry with great respectability. Few people dare question it. Heart bypass operations in the US far surpass in number any other country. Let's inquire:

Arteries have certain rhythmic function in blood circulation that is destroyed by bypass surgery.

But is occlusion or blocked coronary arteries the cause of heart attack? Wouldn't a few million people like to know?

The cornerstone of cardiovascular therapy for myocardial infarction is to remove blockages of coronary arteries

thought to be the cause of the infarction. This, of course, adheres to the widely accepted coronary artery thrombosis theory of infarction. According to this theory, arteries become clogged with plaque, damaged by smoking and high cholesterol. A clot forms a fissure in the plaque. Then the clot may shut off the blood flow of a coronary artery, causing a heart attack. This is very simple and very profitable. Cholesterol or statin drugs has on its own been expanded into an annual multibillion dollar industry.

Everyone believes the above theory of heart disease and the widespread need for bypass surgery. Also no one questions the cholesterol theory and the tons of statin drugs sold yearly for it.

Dr. Berthold Kern of Germany, while performing autopsies in Germany in the 1930s and 1940s, observed that the findings of these autopsies did not corroborate

THE BOB LIVINGSTON LETTER IS A PRIVATELY CIRCULATED NEWSLETTER. SINCE 1969, WE HAVE BEEN REACHING OUT TO AWAKEN SLEEPING CHRISTIANS TO THE GLORIOUS GOSPEL OF GRACE. GOD HAS BLESSED US. HE HAS SHOWN US HIS KINGDOM. THEREFORE WE HAVE A CHRISTIAN RESPONSIBILITY TO HELP OTHERS SEE THE KINGDOM OF GOD. WE ALSO HAVE A RESPONSIBILITY TO WARN OF THOSE WHO WOULD DECEIVE THE ELECT IF IT WERE POSSIBLE. WE SOLICIT YOUR PRAYERS AND WELCOME YOUR SUPPORT.

the coronary obstruction hypothesis.

Dr. Kern concluded:

1. The coronary obstruction theory cannot adequately explain observed facts.
2. The major etiologic factor underlying myocardial infarction is a primary chemical destructive process caused by unchecked metabolic acidosis (accumulation of acid) in the left ventricular tissue and substantially unrelated to coronary artery disease as taught in conventional medicine.
3. Dr. Kern observed that most myocardial infarctions occur in patients without significant obstruction of the coronary artery supplying the infarcted tissue and he finds great support in the American peer-reviewed literature. From a 1980 article in "*Circulation*" this quote: "These data support the concept that an occlusive coronary thrombus has no primary role in the pathogenesis of a myocardial infarct."
4. Dr. Kern's research revealed that collaterals, a finely meshed network of small blood vessels, act as natural bypass channels in the heart muscle. These bypass grafts appear to be created naturally by the body when a coronary artery becomes blocked. This natural process is called angiogenesis. This alone would make heart bypass unnecessary to a large degree.

Further, a study by Rentrop et. al in the April 1, 1988 issue of *The American Journal of Cardiology* has produced results completely at odds with the coronary artery blockage theory and consistently with Dr. Kern's hypothesis. In an accompanying editorial, Dr. Stephen Epstein of the National Heart, Lung and Blood Institute

summarizes Rentrop and colleagues' "extremely important observations."

They found that in an advanced state of the narrowing of the coronary arteries, the supply of blood to the heart muscles is fully assured via collaterals that enlarge naturally in response to the blockage. Interestingly they observed that the more the coronaries narrow, the less danger there is of heart infarction.

Metabolic acidosis in the blood is initiated by modern diet of synthetic fats and commercial foods that are highly acid across the board. The American diet has been progressing toward acidity for a hundred years.

The development of acidosis sets off an oxygen deficit and fermentation metabolism which in turn lowers the pH. This lowering of the pH sets off a destructive chemical process that ultimately leads to heart attack.

The heart is damaged by oxygen deprivation setting off the anaerobic cycle that causes continued decline in pH leading to infarction and maybe death unless the pH is quickly reversed.

Remember now that we are illustrating here that some research shows that heart attack has a causation of acidosis, not occlusion, as in conventional medicine. This has never been refuted. When the medical money machine has a high winner and high stakes, research that refutes conventional medicine is manipulated for profits, no matter upon how many bodies. There is money in mortality.

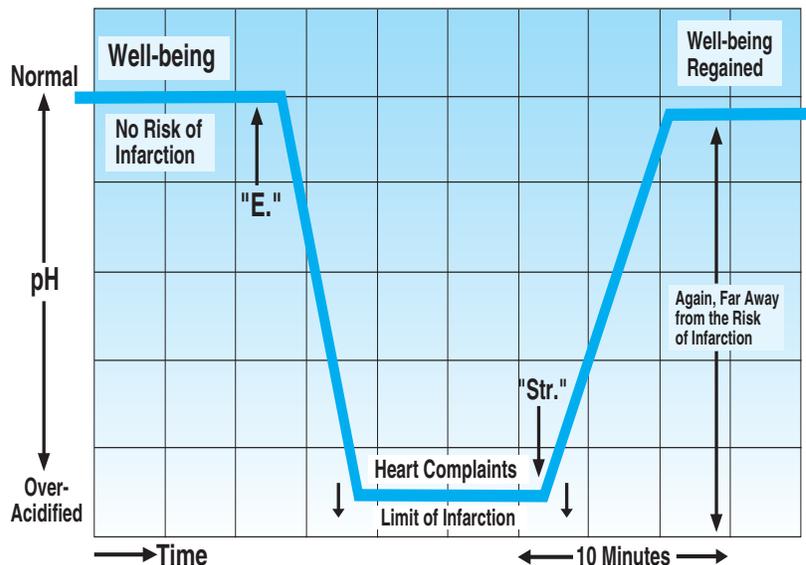
Ideally then, the remedy to address infarction would be a restoration of pH balance to the heart muscle, thereby preventing tissue damage and/or fatal infarction. This process, as demonstrated

experimentally in animal studies conducted by Dr. Kern, is represented in the diagram on page 3.

Biochemistry of Acidosis: The lower the pH, the more acid the body is. At the same time pH goes down and acidity goes up, there is oxygen deprivation. Of course oxygen deprivation is a symptom of angina and/or heart attack.

Case Study: Dr. Kern reported results of his clinical practice in Stuttgart, Germany over the period 1947-1968 involving over 15,000 cardiac patients. His patients treated with oral G-strophanthin experienced no fatal infarcts and only 20 non-fatal heart infarcts. These patients included many suffering infarction prior to entering the study.

In contrast with these results, government statistics for the same period would have predicted over 120 fatal heart infarctions and over 400 non-fatal infarctions in this group of patients.



The y-coordinate measures pH value and the x-coordinate measures time in minutes. At point "E" the myocardium is damaged experimentally by oxygen deprivation, setting off the anaerobic cycle that causes continued decline in pH to the point of heart complaints. Further lowering of pH will induce infarction. At this point ("Str"), the animal is given g-strophanthin. Within ten minutes the pH is restored to safety and the animal is out of danger.

Etiology of Acidosis:

1. Defective oxidation of organic acids as typified by diabetes.
2. Defective elimination of mineral acids.
3. Highly acidic American diet. The American diet has become progressively more acid as more and more Americans subsist on commercial foods or more accurately stated, commercial nonfoods.

Acidosis has the effect of the deprivation of oxygen and suffocation — cardinal symptoms of heart attacks.

G-strophanthin is a cardiac glycoside derived from the West African plant *strophanthus gratus*. G-strophanthin is a potent herb that can abate a severe heart attack within 10 minutes without toxic side effects. To our knowledge, this herb cannot be bought in the United States. In the past it could be bought from German pharmacies with your American doctor's prescription. Sorry we cannot help you with this in any way as we have no contacts with German pharmacies except we do know that G-strophanthin is available and should be bought under the name *Stroval*. It can be used in an emergency and as a preventative. I have carried a small tube containing strophanthin capsules in my pocket for 10 years for emergency. *BL*

Natural Bypass Observations

From a speech by Peter Schmiddsberger, October 5, 1990

The past years saw the publication of two scientific works which should have caused a great stir but which went largely unnoticed. The author of one of these two works is Dr. Epstein of the National Heart,

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Lung and Blood Institute in Bethesda, MD. At first glance, his studies appear to be paradoxical. All his conclusions are the opposite of what you read daily in the newspapers or what you hear from your doctor: That arteriosclerosis, the narrowing of the coronary arteries of the heart, causes an infarction which destroys part of the heart muscle. Dr. Epstein says, no more and no less, that the more the coronaries narrow down, the LESS danger there is of heart infarction.

The second investigation I wish to report here is by Dr. Ernst, recently appointed to the University of Vienna. He has been working over the years in a rehabilitation center in southern Germany, monitoring patients suffering from heart infarction and stroke. **He came to the important conclusion that the thicker and more viscous the blood, the greater was the danger of a repeat infarction.** And when the flowing quality of the blood could be improved, the likelihood of a new infarct was greatly lessened. Pathological blood is one of the main factors for the frequency of reinfarction. An excellent product for a natural blood thinner is Nattokinase. (\$59.95 for 90 capsules at 1-800-471-4007)

How are these two results to be explained? What do they say? What do they mean?

Blood can scarcely flow through blood vessels stiffened and narrowed by arteriosclerosis. And when the narrowing reaches 70 percent, according to Hagen/Poiseuille's law, only one percent of the original blood amount can flow through that blood vessel. I emphasize this 70 percent figure because many surgeons maintain that this is the latest stage that an operation can be postponed. After this

point, it must be done.

Dr. Epstein has also confirmed that in an advanced state of the narrowing of the coronary arteries, the supply of blood to the heart muscles is fully assured. To understand this apparent contradiction, one must realize that the heart itself does not depend solely on those arteries wrapped like a corona around its outside, which are so clearly visible on an X-ray picture.

In the thick muscle layer of the left ventricle where infarction begins, there is a finely meshed network of blood vessels intertwining with each other in innumerable crossings. Their effectiveness in the transport of blood can be compared to the network of streets in a town.

If one of the main arteries narrows down, the diversion of the blood begins through these interconnected, subsidiary blood vessels. This network of blood vessels has another advantage. The tiny vessels can enlarge themselves into remarkable channels to take over the transport of blood.

Collaterals (or anastomoses) is the medical term for them. Accurately named since they are, precisely, natural bypasses and nothing else.

Professor Giorgio Baroldi has made these collaterals outstandingly and impressively visible. In year-long studies at the Armed Forces Institute of Pathology in Washington, he has developed a technique for filling the arteries of the heart with artificial blood, a chemical substance that thickens in the blood vessels. Later when the tissues were dissolved in acid, a fascinating sight was revealed. The large, the small and even the finest blood vessels of the heart lay open to view, a piece of artistic creation. This displayed clearly

what X-ray photos kept hidden. This made visible a substitute system of blood circulation that helps us to understand Dr. Epstein's findings. However, this also brought disagreement with those whose first precept is to hold sacrosanct the theory of the coronary cause of heart infarction; i.e., that the primary cause is the blockage of the large blood vessels.

When these pictures are closely examined, it becomes impressively manifest that heart infarction and the condition of the coronary arteries are two very different things. Dr. Epstein and Dr. Baroldi's research should really galvanize and should really shake up the practice of heart medicine, especially the coronary surgeons.

Conclusions: There are strong clinical observations that support the fact that the condition of the coronary arteries and heart infarction are two different things and not related as conventional medicine in the United States claims.

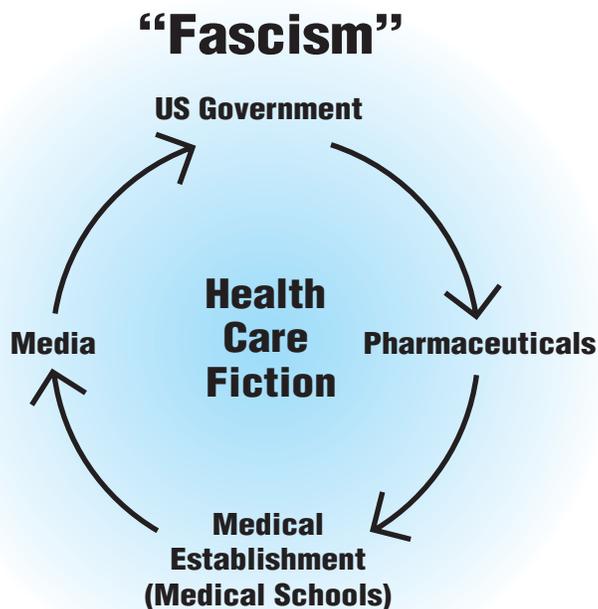
Observations: The basis of this natural bypass theory is the maintenance of pH neutral biochemistry around 7.2. This can be monitored daily with pH hydron paper with saliva. Alkaline Body Balance can be used to assure alkaline/acid balance.

References:

Principles of Acidosis, By Andrew Watson Sellards.

G-Strophanthin: A New Approach to the Heart.

Speech by Peter Schmiddsberger, Los Angeles, CA, Oct. 5, 1990. [Full copy of this speech available for \$10.00, (19 pages) PO Box 110013, Birmingham, AL 35211.] *BL*



Drug concept superimposed on nutrition to steal the health revolution.

Commercial “Food” Processors More Dangerous to Americans Than an Occupational Standing Army

I just want to share a tidbit with you that should make you furious. It's fructose corn syrup; more dangerous than a hydrogen bomb, but more profitable than a money machine.

So-called fructose corn syrup is not fructose. It is not corn and it is not syrup. It is a synthetic sugar made from various things like sulfuric acid and sawdust.

If you read labels, you won't find many manufactured foods that don't have it as an ingredient and most of the time, the first ingredient.

Fructose corn syrup is a cheap filler with no nutrition, only calories. It is a non-food, not fit for human consumption but has been heavy on the market for about 80 years. In the past, it was not allowed in Canada — I don't know about now.

Fructose corn syrup achieves three things:

1. It blocks the assimilation of calcium. Ever heard of the osteoporosis epidemic

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in America? Most Americans chase their calcium with fructose corn syrup. Almost everyone over age 50 suffers a dangerous loss of calcium.

2. It's only fructose corn syrup that will cause cancer in test animals — Are we test animals?
3. Predisposes humans to cancer.

Fructose corn syrup is a synthetic sugar that causes the bypassing of the pancreas. This shuts the pancreas down, causing a nation of diabetics. Harvey Wiley, the first head of the Bureau of The Chemist (FDA) warned of the deceptive marketing of fructose corn syrup and that it would cause a nation of diabetics. Well, has it happened?

Start reading labels. Fructose corn syrup (synthetic sugar) is in everything! 

Inflation Now!

For most people (not BLL readers), inflation is welcome because it means survival just a little while longer. Debt requires inflation.

Alert, wealthy people lock in long-term contracts, diversify into foreign currencies, and buy gold and silver and gold and silver stocks.

Total credit (money creation) is up approximately US \$10 trillion in the last four years. In spite of this, the public holds their dollars. It's the gradual process that keeps them asleep. Yes, \$10 trillion is a massive amount, but a debt ridden economy can absorb trillions without undue alarm for a time.

Government manipulates the CPI and everything else to hide the money creation mania.

Unless the economy weakens sharply (not to be ruled out), consumer price inflation is bound to accelerate.

The Fed and other central banks have sown the seeds of future inflation following a series of financial events commencing with the Asian crisis of 1997, collapse of the NASDAQ in 2000 and 9/11 in 2001.

The government's push to promote global "democracy", and fight the war on terrorism are excuses to create and force-feed inflation.

The government attempts to cover its total agenda with its creation of money. It always will be on the side of inflation.

The only exception occurs when inflation becomes widely recognized as a problem leading to a political liability or even worse, social breakdown as in Weimar, Germany. This will eventually come.

Currently, we are still in the early years of a new long-term inflationary cycle. For a reality check, compare this year's household bills with last year's.

Please keep in mind that the government has a vested interest in inflation gradualism. The last thing the bureaucracy wants is the public to become aware of its gradual impoverishment.

There are alternating phases of asset price inflation and consumer price inflation. In 1982 people were focused on price inflation and asset deflation. So what happened? Just the opposite, as now. People now are still expecting asset inflation while consumer price inflation is heating up unnoticed. Smart money is ahead of the curve. It has been shifting funds out of the US dollar for at least two years now.

Nobody has ever lived in a world with \$250 trillion in derivative contracts; a coordinated, worldwide land and house inflation and a US government that's sucking up 80% of the world's savings in a so-called trade imbalance.

Anyone studying events observes that we are moving into a nonfunctioning economy. Witness Ford & GM, past industrial heavies. They have moved from producing and manufacturing stuff to shuffling money. Until the 1980s, the manufacturing sector's profits in the US always accounted for more than 40% of total profits while the financial sector never accounted for more than 20%. In the 1950s and 1960s the manufacturing sector accounted for 50% of profits, but now 44% of all corporate profits in the US come from the financial sector compared with only 10% from manufacturing.

The financial economy is our GDP. In other words it is hot air subject at anytime to a collapse.

Anyone acting rationally anticipates the unexpected and shelters a substantial part of his assets in gold. *BL*

Gold In Another Correction

Gold still correcting but still in the uptrend though it is below its 200-day moving average as I write this on 5/18/05.

Always review the history of this bull market. Gold has been in an uptrend channel now for 4 years. In that 4 years, gold has corrected back 4 times to the bottom of the channel. It is on the bottom of the channel now and at a 3-month low near \$420.

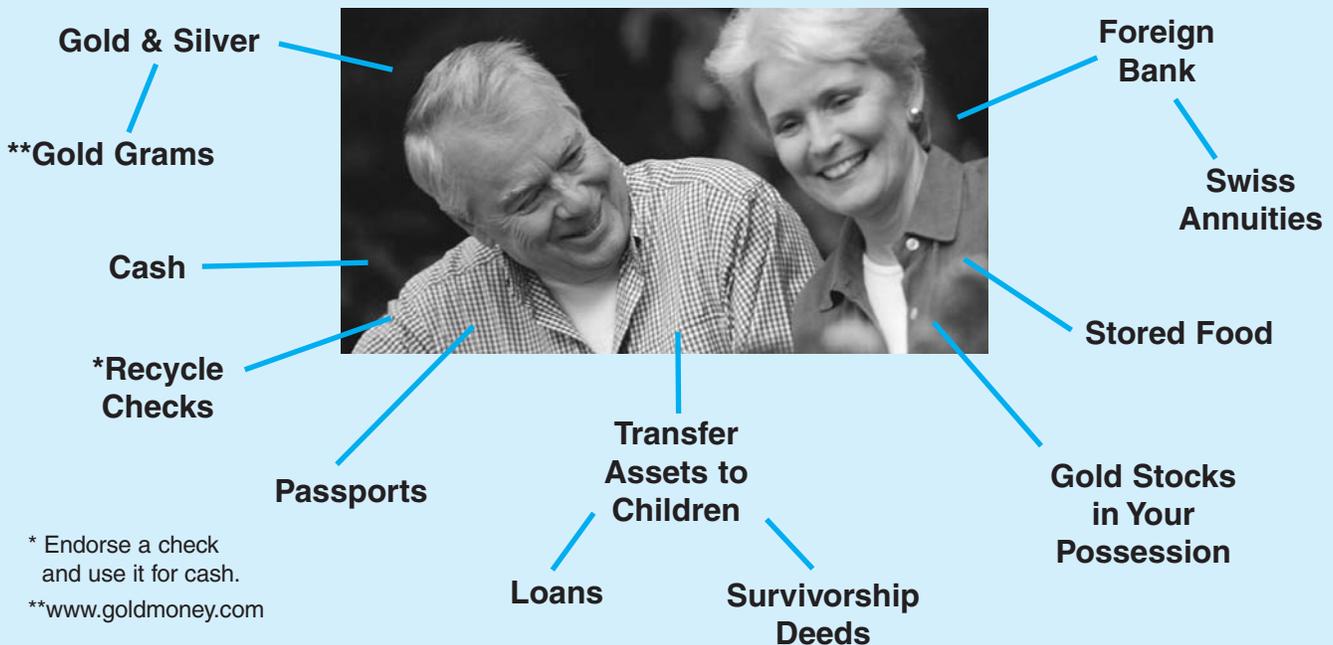
I expect gold to hold. To do so it needs to hold above \$415.

We still consider this a new bull market in the metals. New bull markets are like Chinese water torture. Only those who read a lot and stay in tune with the markets are able to hang on.

It's time to buy gold no matter what happens in the near term. We should be

Freedom from the System

Philosophy of Individual Liberty vs. State Conformity



Be responsible for your own health. Stay away from organized medicine as much as possible.

buying gold to protect our assets. If the U.S. dollar survives the printing press, it will be the first paper currency in history to do so. Destruction of the currency always impoverishes most people because they somehow can't believe what they are seeing. Higher prices mean a weaker dollar because so many dollars are being pumped into circulation.

For private purchase of gold and silver coins, I recommend Walt Bartee or Ann Badget at 1-800-743-1448. *BL*

John Exter, a former central banker, designed this inverted pyramid to demonstrate how toward the final end of an economic expansion money flows into the most illiquid assets like real estate. We have certainly been in a real estate mania for over two years... nothing like it in the last 100 years.

When an economic crisis becomes an economic collapse, gold is the only foundation left. Next, it's those paper dollars that for a time are scarce as in Argentina a short time ago. The banks there wouldn't let anyone have dollars. Only those few who saw it coming had stashed some cash and gold.

But right now it's inflation and as long as possible, the government will keep pumping money. Bankers and politicians have a morbid fear of deflation because it means loss of political control and a breakdown of the social order. *BL*

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What About Gold in a Deflation?

John Exter's Inverted Pyramid

