

## **Why Animals Don't Get Heart Attacks – But People Do!**

*“New thoughts and new truths go through three stages.  
First, they are ridiculed.  
Next, they are violently opposed.  
Finally, they are accepted as being self-evident.”*

**Arthur Schopenhauer**

**Matthias Rath, M.D.**

# **Why Animals Don't Get Heart Attacks**

**... But People Do!**

**The Discovery That Will Eradicate  
Heart Disease**

**The natural prevention of heart attacks,  
strokes, high blood pressure,  
diabetes, high cholesterol and  
many other cardiovascular conditions**

ISBN10: 0-9679546-8-1

ISBN13: 978-0967954684

5<sup>th</sup> Revised Edition

© 2003 Matthias Rath, M.D.

Published by Dr. Rath Education Services USA, BV,  
Santa Clara, CA, USA.

All rights reserved. No part of this book may be transmitted in any form or by any means online, offline, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission of the author.



# Table of Contents

Foreword	10
<b>1 Introduction</b>	<b>13</b>
• <i>The Mission to Eradicate Heart Disease</i>	14
• <i>How You Can Immediately Benefit From Reading This Book</i>	18
• <i>Dr. Rath's Ten Step Program for Natural Cardiovascular Health</i>	22
• <i>Dr. Rath's Cellular Health Recommendations</i>	24
• <i>Dr. Rath's Cellular Health Recommendations Provide Biological Fuel to Millions of Cells</i>	26
• <i>Cellular Medicine: The Solution to Cardiovascular Disease</i>	28
• <i>Vitamin Deficiency in Artery Wall Cells Causes Heart Attacks, Strokes and High Blood Pressure</i>	30
• <i>Vitamin Deficiency in Heart Muscle Cells Causes Irregular Heartbeat and Heart Failure</i>	31
<b>2 Atherosclerosis, Heart Attack and Stroke</b>	<b>33</b>
• <i>The Facts About Coronary Heart Disease</i>	34
• <i>Dr. Rath's Cellular Health Recommendations Can Halt and Reverse Coronary Heart Disease</i>	37
• <i>How Dr. Rath's Cellular Health Recommendations Can Help Patients With Coronary Heart Disease</i>	44
• <i>Clinical Studies Document the Prevention of Cardiovascular Disease With Vitamins</i>	51
• <i>Europe: More Vitamins — Less Heart Disease</i>	53
• <i>Cellular Health Recommendations Clinically Proven to Decrease Your Cardiovascular Disease Risk</i>	55
• <i>Cellular Health Recommendations for Patients With Coronary Heart Disease</i>	57
• <i>Scientific Background for Dr. Rath's Cellular Health Recommendations in Cardiovascular Disease</i>	58
• <i>Why Animals Don't Get Heart Attacks</i>	60

• <i>Atherosclerosis Is an Early Form of Scurvy</i>	64
• <i>Vitamin C Deficiency Causes Atherosclerosis — The Proof</i>	66
• <i>Repeating Evolution: Dramatic Confirmation of the Vitamin C-Heart Disease Connection</i>	68
• <i>A New Understanding of the Nature of Heart Disease</i>	70
• <i>The Natural Reversal of Cardiovascular Disease</i>	72
<b>3 High Cholesterol Levels and Other Secondary Risk Factors for Cardiovascular Disease</b>	<b>79</b>
• <i>Cholesterol Is Only a Secondary Risk Factor</i>	80
• <i>How Dr. Rath's Cellular Health Recommendations Can Help Patients With Elevated Cholesterol Levels</i>	83
• <i>Clinical Studies With Dr. Rath's Cellular Health Recommendations Document Their Effectiveness in Lowering Blood Risk Factors</i>	88
• <i>Lipoprotein (a) — A Secondary Risk Factor Ten Times More Dangerous Than Cholesterol</i>	89
• <i>Cellular Health Recommendations for Patients With High Cholesterol and Other Metabolic Disorders</i>	97
<b>4 High Blood Pressure</b>	<b>99</b>
• <i>The Facts About High Blood Pressure</i>	100
• <i>How Dr. Rath's Cellular Health Recommendations Can Help Patients With High Blood Pressure</i>	103
• <i>Background Information on Dr. Rath's Cellular Health Recommendations in High Blood Pressure</i>	106
• <i>A Clinical Study With Dr. Rath's Cellular Health Recommendations in High Blood Pressure</i>	107
<b>5 Heart Failure</b>	<b>111</b>
• <i>The Facts About Heart Failure</i>	112
• <i>The Fatal Consequences of Incomplete Treatment of Heart Failure</i>	114
• <i>How Dr. Rath's Cellular Health Recommendations Can Help Patients With Heart Failure</i>	116
• <i>Dr. Rath's Cellular Health Recommendations Can Render Heart Transplants Redundant</i>	122

•	<i>Clinical Studies in Heart Failure Patients With Dr. Rath's Cellular Health Recommendations</i>	124
<b>6</b>	<b>Irregular Heartbeat (Arrhythmia)</b>	<b>133</b>
•	<i>The Facts About Irregular Heartbeat</i>	134
•	<i>How Dr. Rath's Cellular Health Recommendations Can Help Patients With Irregular Heartbeat</i>	137
•	<i>A Double-Blind Placebo-Controlled Clinical Study Confirms Dr. Rath's Cellular Health Recommendations Can Reduce Irregular Heartbeat</i>	142
<b>7</b>	<b>Diabetes</b>	<b>149</b>
•	<i>The Facts About Adult Onset Diabetes</i>	150
•	<i>Cardiovascular Disease Is the Key Complication for Diabetic Patients</i>	153
•	<i>How Diabetic Cardiovascular Disease Develops</i>	154
•	<i>A Clinical Study Documents Vitamin C Lowers Blood Sugar and Insulin Requirements</i>	156
•	<i>A Clinical Study Documents More Vitamin C Means Less Insulin</i>	157
•	<i>How Diabetic Patients Can Benefit From Dr. Rath's Cellular Health Recommendations</i>	158
•	<i>Clinical Studies Documenting the Benefits of Dr. Rath's Cellular Health Recommendations in Diabetes</i>	162
<b>8</b>	<b>Specific Cardiovascular Problems</b>	<b>167</b>
•	<i>The Facts About Angina Pectoris</i>	168
•	<i>How Dr. Rath's Cellular Health Recommendations Can Help Patients With Angina Pectoris</i>	170
•	<i>Dr. Rath's Cellular Health Recommendations for Patients Who Have Suffered a Heart Attack</i>	172
•	<i>How Dr. Rath's Cellular Health Recommendations Can Improve Quality of Life After a Heart Attack</i>	174
•	<i>How Patients Can Be Helped By Cellular Health Recommendations After a Heart Attack</i>	175
•	<i>Dr. Rath's Cellular Health Recommendations for Patients Undergoing Coronary Bypass Surgery</i>	177



• <i>Dr. Rath's Cellular Health Recommendations for Patients Undergoing Coronary Angioplasty</i>	182
<b>9 External and Inherited Cardiovascular Risks</b>	<b>191</b>
• <i>Unhealthy Diet</i>	192
• <i>Smoking</i>	193
• <i>Stress</i>	194
• <i>Hormonal Contraceptives and Estrogen Replacement Therapy</i>	195
• <i>Pharmaceutical Drugs</i>	196
• <i>Diuretic Drugs</i>	197
• <i>Dialysis</i>	198
• <i>Surgery</i>	198
• <i>Inherited Risk Factors for Cardiovascular Disease</i>	200
• <i>How Dr. Rath's Cellular Health Recommendations Can Help Decrease Inherited Cardiovascular Risks</i>	202
• <i>How Dr. Rath's Cellular Health Recommendations Can Help Patients With Alzheimer's Disease</i>	204
• <i>How Dr. Rath's Cellular Health Recommendations Can Help Patients With Lupus Erythematosus</i>	205
<b>10 Cellular Medicine</b>	<b>209</b>
• <i>Cellular Health Depends on Cellular Bioenergy</i>	210
• <i>Cellular Medicine</i>	212
• <i>The Principles of Cellular Medicine</i>	213
• <i>Cellular Nutrients Deliver Essential Bioenergy to Cellular "Power Plants"</i>	214
• <i>Scientific Facts About the Nutrients in Dr. Rath's Cellular Health Recommendations</i>	216
• <i>Vitamins, Minerals, Trace Elements, Amino Acids and Other Cellular Nutrients</i>	217
• <i>Conventional Medicine vs. Cellular Medicine: Comparing Therapeutic Targets in Cardiovascular Disease</i>	226
• <i>Conventional Medicine vs. Cellular Medicine: Comparing Effectiveness and Safety</i>	228
• <i>How You Can Live Longer and Stay Healthy</i>	230



Dear Reader:

The largest “epidemic” on earth is caused by heart attacks, strokes and other forms of cardiovascular disease that have cost hundreds of millions of lives. Today, we know that this “cardiovascular epidemic” is not a genuine disease, but the result of long-term deficiencies of vitamins and other essential nutrients in millions of cells of our bodies — and it is preventable. *This*

*book is an account of this discovery, which will save millions of lives worldwide.*

The “cardiovascular epidemic” is one of the largest economic burdens in America and other countries. The direct and indirect costs associated with this disease amount to trillions of dollars worldwide each year. *This book shows how these funds can be freed for other important public and private tasks.*

This very same “cardiovascular epidemic” is also the core of the largest investment business on earth — the pharmaceutical “business with disease.” The end of this epidemic will inevitably terminate the pharmaceutical business as we know it today. *This book is the pharmaceutical industry’s “Enemy Number One.”*

With the largest and most profitable investment industry on earth fighting the discoveries documented in this book, it is no surprise that you may not have heard about them elsewhere. The drug industry buys influence in the media, medicine and politics, and it has been the largest corporate donor for the current US Administration. *Thus, the faster the message of this book spreads, the sooner the unscrupulous “business with disease” will end.*

The dramatic global changes that eventually followed these discoveries were recognized early on by the two-time Nobel Laureate Linus Pauling. Shortly before his death he told me: “Your discoveries are so important for millions of people that they threaten entire industries. One day there may even be wars just to prevent this breakthrough from being widely accepted. This is the time when you need to stand up!” This is why recently I exposed these corporate interests behind the Iraq War in the *New York Times* and other leading international newspapers.

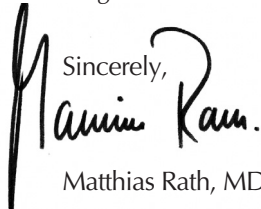
The global scope of the health benefits from the discoveries documented in this book is breathtaking. Their implementation into national health care policies will significantly reduce and eliminate three leading causes of mortality in the world today: cardiovascular disease, strokes and deaths caused by the side-effects of prescription drugs. *This book provides the guidelines to reach this goal.*

No matter what your age, gender, nationality or income, virtually everyone can benefit immediately from the termination of the pharmaceutical “business with disease.” Together, we can save millions of lives and trillions of dollars in health care costs. *This book is a practical guide for what you can do now.*

The “Liberation of Human Health” is the largest liberation movement of all time. Its scope is global and directly affects the health and lives of six billion people inhabiting our planet today, as well as those of future generations. *This book calls upon you to participate in this great mission — in the name of your children and grandchildren.*

The only historical analogy that comes close to this movement is the “liberation from illiteracy” in Medieval Europe. With the invention of the printing press and the translation of the Bible into spoken languages 500 years ago, millions of people took the right to learn to read and write in their own hands. The rulers then knew that “knowledge is power” and they did not want to share it. But millions of people then did not ask for permission. Their common effort terminated the Dark Ages and inaugurated the Modern Times — and the unprecedented progress of mankind.

Today, the “Liberation of Human Health” from the global yoke of the pharmaceutical “business with disease” offers even greater rewards for mankind — among them the eradication of today’s most common diseases. But these rewards do not come by themselves. *We all need to work for a world in which health, peace and social justice are the rule — and not the exception. This book will guide you toward this goal.*

Sincerely,  

 Matthias Rath, MD

WHY ANIMALS DON'T GET HEART ATTACKS – BUT PEOPLE DO!