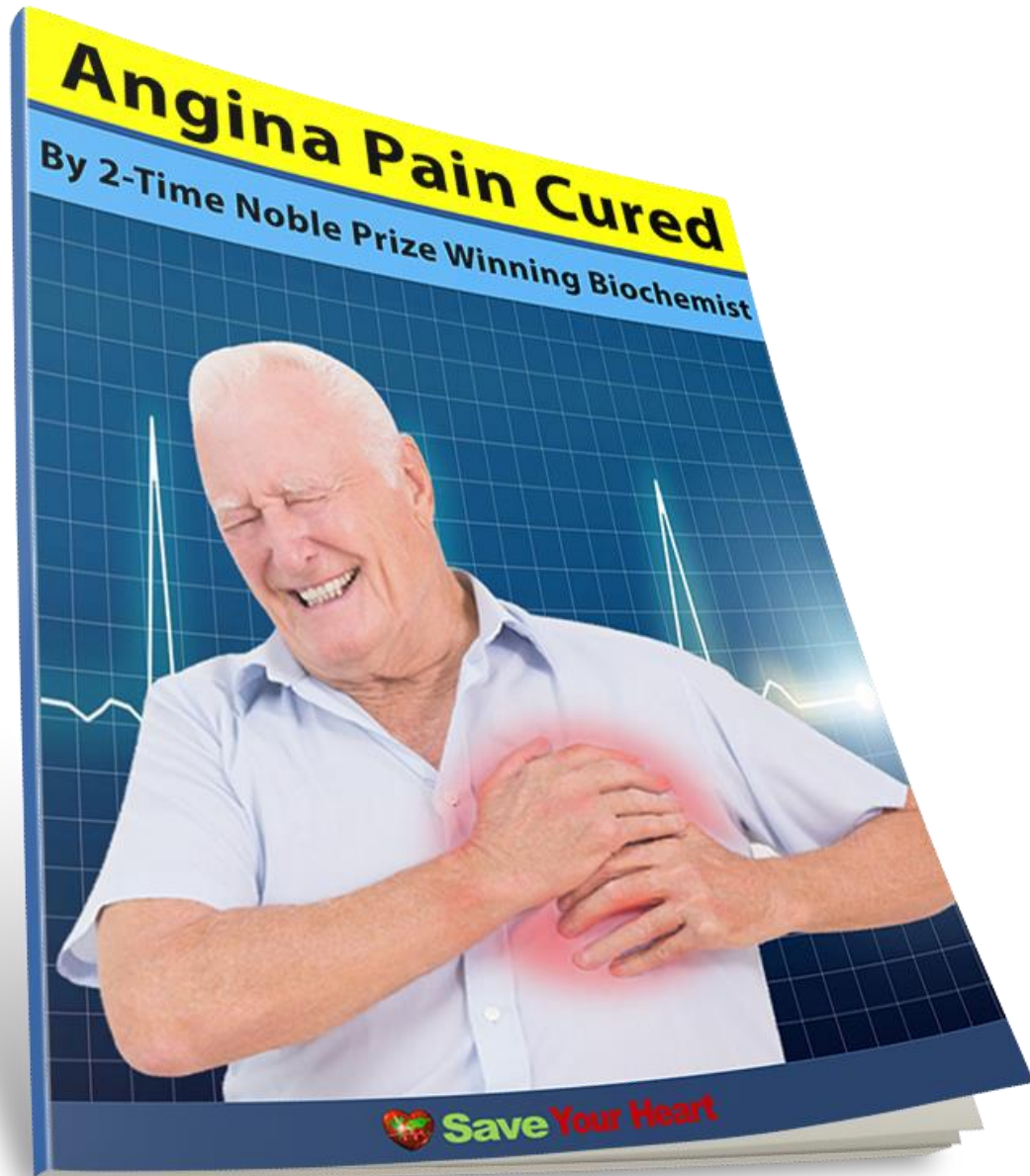


The Official “*SAVE YOUR HEART*” Guide



**Researched, Written and Published
by the Staff of Save Your Heart, Inc.**

Ray Ellis, President
1-800-77-HEART
[1-800-774-3278](tel:1-800-774-3278)

This nutritional protocol is endorsed by Dr. Thomas E. Levy (MD, JD), author of the book *Stop America's #1 Killer: Reversible Vitamin Deficiency Found to be Origin of ALL Coronary Heart Disease*.

"In my book I list all the nutrients that I feel are important and should be considered by heart patients. It turns out that your nutritional protocol encompasses a sizeable majority of the most important nutrients I recommend. I feel that most individuals, especially known heart patients, would benefit from following your protocol."

~Dr. Thomas E. Levy (MD, JD)

Email to rayellis@saveyourheart.com August 18, 2015.

FROM THE DESK OF RAY ELLIS

Angina Pain Cured by 2-Time Nobel Prize Winning Biochemist

In a case study reported in the Journal of Orthomolecular Medicine, Dr. Linus Pauling described a nutritional protocol that resulted in the elimination of angina pain in a fellow biochemist.

Even though the 71 year old biochemist had 3 coronary bypass operations and was taking 3 prescription medications, he still had to take sublingual nitro to suppress his angina pain when walking and working in the yard.

Dr. Pauling suggested the nutritional protocol developed by him and Dr. Matthias Rath (MD) at the Linus Pauling Institute of Science and Medicine: a combination of specific vitamins, minerals and amino acids taken in precise doses twice a day.

The biochemist started the protocol in April. By mid-June he could walk and do yard work without angina pain. By late August he cut up a tree with a chain saw. And in early September he painted his house.

He also cut the doses of his heart medications in half. He writes: ***"I attribute my newfound wellbeing to Dr. Pauling's nutritional protocol. The effect of the therapy borders on the miraculous."***

Reference: Case Report: Amelioration of Angina Pectoris, Journal of Orthomolecular Medicine, Vol. 6, Pgs. 144-146, 1991.



Dr. Linus Pauling is the only person ever to have been awarded 2 unshared Nobel Prizes.

In 1990 Dr. Pauling was granted a U.S. Patent (No. 5278189) on his nutritional protocol. Here's a quote from the patent:

"We have discovered nutrients that inhibit the binding of Lp(a) to the arterial wall, herein identified as Binding Inhibitors. These binding inhibitors also cause the release of Lp(a) from the arterial wall. Thus, the present invention provides agents for both the prevention and treatment of occlusive cardiovascular disease."

In 1993 Dr. Pauling published another case history of "The Pauling Therapy" relieving angina pain in a 67 year old, former professor of chemistry at the University of New

Brunswick in Canada. She was experiencing stress angina daily for several years and was taking 6-7 nitroglycerine tablets per day.

She read Dr. Pauling's first case history and put herself on his nutritional protocol. Within 3 weeks she was able to go all day, despite stressful occurrences, without taking any nitroglycerin.

She telephoned Dr. Pauling and described her results as "*miraculous.*" She also told him that she and her husband were setting off on a 3-month trip around the world; something they had planned to do earlier, but couldn't because of her ill health.

Reference: A Case History: Amelioration of Angina Pectoris; Journal of Orthomolecular Medicine; 8: 77-78; 1993

Dr. Pauling related another case history in a video tape produced by the Institute for Optimum Nutrition. Dr. Pauling described a patient, who had 2 extensive bypass operations, yet his coronary arteries had become clogged again and he was not a candidate for another bypass or angioplasty.

He was living in the same town as the person described in Dr. Pauling's first case history, was introduced by friends, and started taking The Pauling Therapy. Within a month, he was riding his bicycle into town from his house out in the country several times a week (a 9 mile round trip). He described The Pauling Therapy as being "*almost miraculous.*"

Cardiovascular Disease: A Unified Theory of the Cause and Treatment; Institute for Optimum Nutrition; Video Tape; 1993

In 1993 Dr. Pauling was granted a 2nd U.S. Patent (No. 5230996) on his nutritional protocol. It describes 3 uses of the invention:

- 1) The treatment of occlusive cardiovascular disease with the use of Vitamin C covalently linked with binding inhibitors which inhibit the binding of Lp(a) to blood vessel walls,
- 2) The prevention of atherosclerosis by the same method, and
- 3) Reducing the plaque on (or in) organs or blood vessels prior to transplantation. The organ or blood vessel is dipped into the solution and the **atherosclerotic plaque deposits simply melt away** leaving a clean and healthy organ or vessel for transplantation.

The use of this solution is standard procedure in bypass operations because it ensures that the grafted blood vessel is free of plaque.

In 1994, Dr. Linus Pauling was interviewed by Tony Edwards and Patrick Holford of BBC Television. The interview was later published in the August 1994 issue of the British Journal of Optimum Nutrition. The following is a segment from the interview:

Q: Do you think your nutritional protocol can reverse the atherosclerotic process?

"I think so. Yes. Now I've got to the point where I think we can get almost complete control of cardiovascular disease, heart attacks and strokes by the proper use of specific vitamins, minerals and amino acids. I

"t can prevent cardiovascular disease and even cure it. If you are at risk of heart disease, or if there is a history of heart disease in your family, if your father or other members of the family died of a heart attack or stroke or whatever, or if you have a mild heart attack yourself then you had better be taking these essential nutrients."

Linus Pauling died at the age of 93 only a few months after giving this interview.

Before his untimely death, Dr. Pauling tasked The Linus Pauling Institute of Science and Medicine to craft a powdered nutritional supplement formula that could easily be mixed with water or juice and would provide all 19 Essential Nutrients the cardiovascular system needs to get and stay healthy.

But when Dr. Pauling died the plan to create a supplement based on his research was shelved.

I found out about all of this in 2008 when I started looking for something to prevent me from getting heart disease (most of the male relatives on my mother's side of the family died from heart disease).

I couldn't find a product that had all of the 19 Essential Nutrients, so I created one and named it The Pauling Therapy Essentials Formula (PTEF).

Since then my company (Save Your Heart, Inc.) has sold thousands of jars of the PTEF. We have customers on every continent except Antarctica.



The Pauling Therapy Essentials Formula is a powdered, nutritional supplement that easily mixes with water or juice. It has a pleasant, lite lemonade taste.

The Pauling Therapy Essential Formula includes the following ingredients:

INGREDIENT	AMOUNT	% DV
Vitamin A (as natural beta-carotene)	10,000 IU	200
B-2 (Riboflavin)	4 mg	235
Vitamin B-3 (Niacin - non-flush)	450 mg	2250
Vitamin B-6 (Pyridoxine HCL)	50 mg	2500
Vitamin B-9 (Folic Acid)	450 mcg	113
Vitamin B-12 (methylcobalamin)	1,000 mcg	16,667
Vitamin C (Ascorbic Acid)	3,000 mg	5,000
Vitamin D-3	2,000 IU	500
Vitamin E (as natural d-alpha tocopheryl succinate and mixed tocopherols)	600 IU	2,000
L-Lysine (amino acid)	3000 mg	*
L-Proline (amino acid)	550 mg	*
L-Arginine (amino acid)	250 mg	*
L-Carnitine (amino acid)	300 mg	*
L-Taurine (amino acid)	1100 mg	*
Creatine	900 mg	*
Magnesium (citrate)	200 mg	50
Zinc (oxide)	30 mg	200
Coenzyme Q10	100 mg	*
Citrus Bioflavonoids	100 mg	*

And recently we have been gaining some traction with cardiologists who are buying the PTEF by the case, using it with their patients and getting excellent results! And why not?

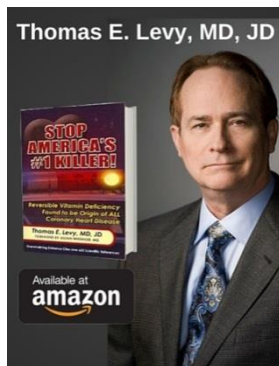
Cardiologists who encourage their patients to maintain proper nutrition – and have a product on hand to ensure that they can – are bound to be more successful than those who ignore the nutritional needs of their patients or simply tell them to eat a low fat, low salt diet. We even have cardiologists as customers!

ORDER THE PAULING THERAPY ESSENTIALS FORMULA

Dr. Jon Cat (MD)

Before the PTEF: 70% blockage in carotid arteries.

After several months on the PTEF: 50% blockage in carotid arteries (20% reduction).



Dr. Thomas E. Levey (MD, JD) 1954 -

“Although I was not aware of the Pauling Therapy Essentials Formula produced by Save Your Heart, Inc. at the time I wrote this book, it turns out that this formula encompasses a sizeable majority of the most important supplements that I recommend, and they are combined in an easy-to-take powder form.”

“I feel that most individuals, especially known heart patients, would benefit from taking this formulation.”

A graduate of Tulane University School of Medicine, Dr. Levey has been a practicing cardiologist for over 30 years.

He is board certified in both cardiology and internal medicine. He is published in many medical journals including the Journal of Advancement in Medicine, Annals of Emergency Medicine, and Alternative Medicine Review.

He has also published 9 books for the general public. In Stop America's #1 Killer! he references 650 studies from the medical / scientific literature that prove conclusively that coronary heart disease is caused by multiple nutritional deficiencies.

And, more importantly, that it can be reversed by supplying your body with the proper nutrients in therapeutic doses.

“The beauty of our research is that, once the cause of atherosclerosis is clearly understood as a chronic nutritional deficiency, the prevention and cure of atherosclerosis become obvious.”

~ Dr. Linus Pauling & Dr. Mathias Rath

A Unified Theory of Human Cardiovascular Disease Leading the Way to the Abolition of this Disease as a Cause for Human Mortality; Journal of Orthomolecular Medicine; Vol. 7; Pgs. 5-15; 1992.

ORDER THE PAULING THERAPY ESSENTIALS FORMULA

Customer’s Experiences with the Pauling Therapy Essentials Formula

Bill Cook

Before: Total Cholesterol 242. LDL Cholesterol 163.

Doctor's Comments Before: *"There's no proof that nutritional supplements can lower cholesterol or help with heart disease. You need to be taking a statin drug."*

After taking the Pauling Therapy: Total Cholesterol 163. LDL Cholesterol 101.

Doctor's Comments After: *"This is remarkable! I've never seen such a drop in the numbers. If cardiologists knew this, they would be recommending the Essentials Formula to all their patients."*

**F. M.
Iowa**

"I started slow and built up to three scoops a day. What a difference a week makes! I can actually feel it working. The third day I was starting to feel better. Today I ground a load of feed without many of the symptoms. I have a way to go, but this is the right track. My tolerance is ok."

Bob Francis
Long Valley, New Jersey

Before: Angina pain. Doctor recommending triple bypass surgery.

After taking the PTEF: Avoided surgery. Angina pain gone. Walking an hour a day.

"I have been on the Pauling Therapy Essentials Formula for one year. I have no angina at all and walk an hour a day."

Mr. Haney

Before: Nightly angina pain.

After taking the PT: Angina pain eliminated.

Mrs. Haney reports, *"He has not had one chest pain since he began using your product! I am using it too and the sense of well-being I feel is unbelievable. You ought to sell this as an anti-depressant, not just a heart-healthy drink!"*

Eli Raber

Blackville, SC

Before: Daily angina pain.

After the PT: Angina pain eliminated.

"After about a week and a half I noticed I did not have any more angina pain. Praise the Lord! I feel like a different person. I forget that I ever had heart problems. I am convinced the Pauling Therapy Essentials Formula saves lives."

Burt Hartmann
Grand Junction, Colorado

Before: Heart attack. Angina pain. No energy. Depression.

After: *"No more chest pains!"* More energy. Depression gone.

"In February I suffered a mild heart attack. I feel much better now and have no more chest pains! The good effect was apparent to me in two weeks. I have more energy, depression is gone and I feel like living."

"Thank you Linus Pauling! I have been taking the Pauling Therapy Essentials Formula since March. I only wish I would have known the treatment sooner. Feeling good."

John Javilk

“My father was going down fast about a year after a bypass, when the bottom vessels of the heart started clogging up. With two Nitro patches plus oral nitro, he was barely able to shuffle in the hospital for cardiac rehab evaluation.

“On suggestion by Dr. Cathcart that he look at your website, he started taking the Pauling Therapy Essentials Formula. In two weeks, he WALKED in, almost a new man. Some two years later, he took the stress test again, and beat the hospital records. Several other doctors are now taking it themselves, but only one has recommended it to his patients.

“That doctor reported to my father that he had seen another patient barely able to shuffle in, and turned his condition around simply by suggesting that he try the formula. So far 5 people, that I know, have tried it and have had very good results.”

Mr. P. K.

Before: 95% blockage in one artery. 70% blockage in another. Stent. Angioplasty. Chest pain every day. Nausea. Lightheadedness (with or without heat or exertion). *“Countless medications causing every side effect imaginable.”*

After: Chest pain, nausea and lightheadedness eliminated. Off all medications.

Mrs. P. K. writes: *“Yesterday, it was 100 degrees here and he called me from work to say he felt like a million bucks! I believe you have saved his life and I thank you on behalf of myself and our three sons (ages 5, 11 and 17) for keeping him with us for what*

“I believe will be a very long time. A LIFE SAVER!! THANK GOD I FOUND YOUR WEBSITE!!!”

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Ralph Schrank

Wisconsin

Before: 17 years of angina pain. High cholesterol

After: Angina pain eliminated. 100 point drop in cholesterol.

March: *"I am age 58. At age 42 I had a triple by-pass after my Left-Anterior Descending Coronary Artery was found to be 100% blocked. I started the Pauling Therapy Essentials Formula a couple of months ago. So far my cholesterol has dropped 100 points."*

Sept.: *"The Pauling powder (as I like to refer to it) continues to amaze me. As an 18 year veteran of bypass surgery I confound my doctor with my health. No chest pains whatsoever when using the powder regularly!"*

Gary J. Rehs

Before: 4 heart attacks. 3 angioplasties. Double bypass surgery. Clogged bypasses. 3 stents. Stents blocked. Roto Rooter on stents. Severe angina pain. Cholesterol 300. Triglycerides 245. High Lp(a). Blood pressure 170/95. Medicines: nitroglycerine, beta-blockers, blood pressure, diuretics, cholesterol and triglyceride lowering drugs.

After: Angina pain eliminated. Cholesterol down to 245. Triglycerides down to 176. Lp(a) down to 10. Blood pressure down to 142/82. Taking no heart medicine.

"I am free of chest pains. I'm still mending and improving every day. With GOD'S and Pauline Therapy Essential Formula's help, I'm going to make it! I'm proud to be part of the Save Your Heart Family and to Dr. Linus Pauling (if you're looking down) a big 'Thank You'!"

**Leslie Kentfield
Kapiti Coast, New Zealand**

"Thank you, Ray. In January an Angiogram showed that I had a 90% stenosis of my LAD Pulmonary Artery, and 60% stenosis of the Circumflex Artery. My Cardiologist stated that I should have a Stent and take Statins. I declined.

"I have been taking Linus Pauling Therapy [Pauling Therapy Essentials Formula] for 3 years now. So recently I asked my Doctor to refer me to a Radiology unit for a Carotid Artery Intima Media Sonography Scan.

"The scan showed that I had 'no noticeable stenosis.' I can now walk uphill with no tightening of the chest or breathlessness, which was the only symptom I ever had. Not bad, considering that the Cardiologist said that nothing that I could do for myself would resolve my cardiac issue! Thank you, Ray, for offering such a fine, life-saving product."

Mike Culbert

Before: Very abnormal EKG. Congestive heart failure (closing heart valve). Surgery. Taking 12 medications.

After: Perfectly normal EKG. Taking 2 medications.

“Doctors, both orthodox and alternative, were amazed that my recovery did not take the planned three to four months but was essentially in place in three weeks.

“I have to attribute this to antioxidants and the Pauling Therapy Essentials Formula. I had an immediate, direct and palpable response to adding the PTEF to my program. I'm sure the formula has played a key role in my ongoing dramatic recovery.”

Note: Mr. Culbert is the founder of the International Council for Health Freedom and publisher of the International Council for Health Freedom Newsletter. These comments were originally published in his newsletter, Vol VII, No. 2 , Fall 2003, pg 7.

Carol Smith

Longview, WA

Before: 90% blockage of left main coronary artery. Two heart attacks. Balloon and Roto-Rooter angioplasty. Angina pain. Lack of energy. Doctor says, "Get your affairs in order."

After: Angina eliminated. More energy. "Feeling great."

After stopping the Pauling Therapy for 9 months: Had 3rd heart attack. Abnormal beating of left ventricle. Angina pain. Lack of energy. High Cholesterol. High Lp(a). Using nitro patches and oxygen. Doctor recommending stent.

After Restarting: Left ventricle beating normally. Angina eliminated. Energy regained (walking 1-2 miles per day). Cholesterol down to 159. Lp(a) down to 10. No more nitro or oxygen. Amazed doctor reports no evidence of any heart damage.

"I feel so good that even the memory of the heart attacks and chest pains have vanished. The Pauling Therapy really works!!!! I will never, ever stop using it again. Your recommendations and the formula have saved my life."

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Jeffrey Fenlason

Salisbury, North Carolina

Before: Quadruple bypass. Angina pain. Daily time release nitro. Heart attack. Bypasses blocked. Lack of energy. Depression. Medications: 50 mg Toprol XL, 60 gr Isosorbide ER, 50 mg Altace and 40 mg Lipitor.

After: Angina pain eliminated. Energy regained. Taking no heart medications. Joint pain in hips eliminated.

July: *"Within two days of taking the Pauling Therapy Essentials Formula I felt like a new man. My friends started saying things like, 'WOW you look great' and 'Man I haven't seen you this active in months.'*

"It has only been 12 days since I started and I DO NOT HAVE ANY CHEST PAIN."

July: *"This has been one fantastic day! I mowed the grass. About 2 acres. It felt really good to be out in the yard working. Three weeks ago I couldn't walk to the barn and back. This is really unbelievable for less than a month.*

"Went fishing with the wife and really enjoyed the walk to and from our fishing spot. During our catfish dinner we talked about how great it was to be able to do things together again.

"Then we did what any healthy married couple does. Sorry, I felt this was important or I wouldn't have mentioned it. As I said WHAT A DAY!"

Aug.: *"It has been just over 7 weeks since I started on the Pauling Therapy. I am in great health for a man who had a heart attack less than two months ago.*

"Since my last posting I have painted our house. I did a lot of climbing, scraping and painting in hot temperatures. NEVER, NOT ONCE DID I HAVE ANY CHEST PAIN."

April: *"I helped my daughter and her husband move from Sioux City, Iowa to North Carolina. During the move I was packing, hauling and loading. I drove out to Iowa and back myself and I felt great. I am more active than I have been in years and I have no chest pain at all.*

"I know that the blockages in my arteries have cleared. I am in better shape than I have been in 11 years and I am getting better every day. I eat whatever I want. Who would have believed vitamins can do this!? I can only thank God that I gave the Pauling Therapy Essentials Formula a try! THANK GOD FOR LINUS PAULING!!!"

So, obviously, our happy customers love The Pauling Therapy Essentials Formula!

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But What Do DOCTORS Say?

“Let food be your medicine and let medicine be your food.”

- Hippocrates, the founder of modern medicine



Dr. Joseph Mercola (DO) 1954 -

“In 1989, the eminent American scientist Linus Pauling and his associate Matthias Rath MD, unlocked a medical mystery . . . Then in 1991, Linus Pauling invented a non-prescription cure . . . Heart patients using the Pauling Therapy routinely avoid angioplasty and open heart surgery.

“Not by lowering cholesterol, but by attacking the root cause. Rapid recovery has been the rule, not the exception . . . there are no known adverse side effects.”

Dr. Mercola serves on the Advisory Boards of the Nutrition for Optimal Health Association, the Pottinger Nutrition Foundation, and the Weston A. Price Foundation. He is also a member in good standing of the American College for Advancement in Medicine, Association of American Physicians and Surgeons, and the American Academy of Neural Therapy.

He is published in the Journal of the American Medical Association, British Medical Journal, Canadian Medical Journal, Journal of Nutritional and Environmental Medicine, The Townsend Letter, as well as many other medical journals.

He has been interviewed on national and local news including ABC’s World News Tonight with Peter Jennings, CNN, CBS, NBC and ABC local news shows, and dozens of nationally broadcast radio shows.



Dr. Robert Fulton Cathcart III (MD) 1932 - 2007

Dr. Cathcart calls the mainstream medical community's refusal to accept the nutritional cause and cure of heart disease along with its refusal to fund further research into the Pauling Therapy . . .

**THE MOST COLOSSAL
BLUNDER IN MEDICAL HISTORY!**

(Emphasis and color of text by Dr. Cathcart)

Dr. Cathcart is published in The Lancet, Journal of the American Medical Association, Medical Tribune, Journal of Orthomolecular Psychiatry, Medical Hypothesis, Journal of Orthomolecular Medicine, and many other medical journals.

His research is mentioned in 14 medical books, including How to Live longer and Feel Better, by Dr. Linus Pauling.

Dr. Pauling wrote an article entitled, "Robert Fulton Cathcart, III, M.D.: An Orthomolecular Physician," which was published in The Linus Pauling Institute of Science and Medicine Newsletter. [1978 (Fall); 1(4): 1-3].

During his long career, Dr. Cathcart successfully treated over 30,000 patients with nutritional therapy.



Dr. Terezia Fauszt (MD)

"In my opinion, an arterial cleansing program provides the most benefits when it's combined with the so-called Pauling Therapy for Heart Disease.

"Two-time Nobel laureate, Dr. Linus Pauling and his colleague, Dr. Matthias Rath, advocated taking large quantities of one of the most potent antioxidants, Vitamin C, with the amino acids L-lysine and L-proline for the prevention and reversal of heart disease."

Dr. Fauszt is a practicing cardiologist. She is both a faculty member of and medical advisor for the Global Institute for Alternative Medicine.



Dr. Michael Lam (MD)

“If you have a high lipoprotein(a), the only way to bring it down is with the Pauling Therapy.”

Dr. Lam is the Director of Medical Education at the Academy of Anti-Aging Research (USA), a Certified Nutritional Consultant, a Diplomat of the American Association of Nutritional Consultants, and is recognized as an expert in nutritional medicine.

He has published over 50 scientific articles and 2 books on nutritional medicine.

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Dr. Ron Kennedy (MD) 1943 -

“Dr. Linus Pauling (PhD) and Dr. Matthias Rath (MD) have come up with a comprehensive explanation of the cause, prevention, and treatment of vascular disease which I find rational and compelling.

“Rath has done seminal research at the University of Hamburg and has published twelve papers in respected research journals on the subject of vascular disease.

“Pauling did similar research at the Linus Pauling Institute of Science and Medicine (LPI). I have reviewed their work and concluded that what they have to say is critically important.

“The best part of their discoveries is that they provide effective action anyone can take to both prevent and treat vascular disease in a powerful way by natural means without relying on Draconian changes in diet and lifestyle or dangerous drugs which lower cholesterol but do nothing to decrease overall mortality.”

Dr. Kennedy is Board Certified in Psychiatry and Neurology and has 41 years of experience treating patients at his Clinic in Santa Rosa, California.



Dr. Andrew W. Saul (PhD) 1955 -

"Medical doctors ignore vitamin research, claiming it isn't science. They also typically ignore case histories, saying it isn't research.

"So why not take the information directly to the people, and let them decide for themselves? ...

"Most Americans fail to eat the US RDA for several vitamins and minerals. Supplements are not the problem; they are the solution. Malnutrition is the problem."

One of Dr. Saul's undergraduate students came to his office. Don was 21 and suffering from severe heart arrhythmia.

All his doctors could offer was drugs and/or surgery. Dr. Saul suggested nutrition: Daily doses of 2000 mg Vitamin C; 2,000 mg of flaxseed oil; 2,000 mg Calcium (in four divided doses); 1,000 mg Magnesium (also in divided doses); two B-complex supplements; one multivitamin; and 1600 IU Vitamin E (natural mixed tocopherols).

In a follow-up visit Don said he was, **"Great ... No sign of any heart problem at all ... I haven't had an attack since I started the vitamins."**

Dr. Saul entered university at the age of 15. After study at the Australian National University and the Canberra Hospital, he received his Bachelor of Science from SUNY Brockport at age 19. He then did graduate work at the University of Ghana, Legon, West Africa, and also at the Brigham Hospital in Boston.

Shortly thereafter, he began lecturing on the history of nutrition research and vitamin therapy, and was in private practice as a consultant for the next 35 years. He earned a Master of Science in 1989.

Saul taught nutrition for nine years for the State University of New York, and clinical nutrition for New York Chiropractic College. He completed his PhD in Ethology (behavioral biology) in 1995. Saul served as a columnist for the *Journal of Orthomolecular Medicine* beginning in 2002, Contributing Editor from 2003-2006 and Assistant Editor from 2006-2010.

He remains on the Editorial Board of the *Journal of Orthomolecular Medicine* and of *Orthomoleculair* magazine (Netherlands). Saul testified before the Parliament of Canada in 2005 on behalf of the safety of nutrition therapy.

That same year, he founded the free-access, peer-reviewed Orthomolecular Medicine News Service and has served as Editor-In-Chief for over 135 issues. In 2006, *Psychology Today* named Saul as one of seven natural health pioneers. He has

authored or co-authored fourteen books, including four with Abram Hoffer. Saul is currently Editor of Basic Health Publications' popular *Vitamin Cure* book series, with over a dozen titles in print or in progress.

Saul was inducted into the Orthomolecular Medicine Hall of Fame in 2013. His world famous, free-access educational website is peer reviewed and the largest non-commercial natural health resource on the internet.

His expertise in the clinical use of nutrition to cure disease is so well know that medical doctors refuse to debate him.

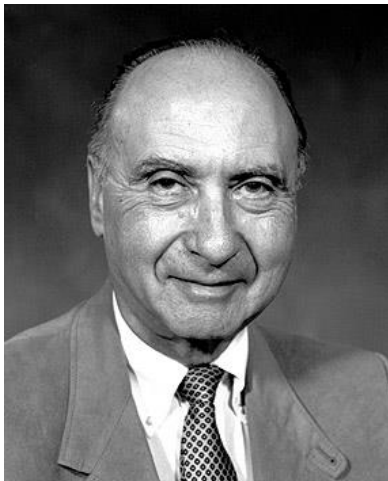


Dr. Ferid Murad (MD, PhD) 1936 -

“Treatment with exercise and a diet rich in vitamins, anti-oxidants, and amino acids is important to the many patients prone to develop heart attacks or stroke.”

Dr. Murad is a Professor in the Department of Biochemistry and Molecular Biology at George Washington University.

In 1998 he won a Nobel Prize in Medicine for helping to discover how nitric oxide signals the smooth muscle in arteries causing them to dilate.



Dr. Abram Hoffer (MD, PhD) 1917 - 2009

“Vitamin C deficiency plays a role in preventing seventeen varieties of cancer, as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, and periodontal disease ...

“I am ninety years old and I have been taking Vitamin C for over 50 years, and I plan to stay on it forevermore. It has been good to my patients but not so good for my practice – my patients get well too fast.”

A medical researcher, Dr. Hoffer partnered with 2 other researchers, Dr. James Stephen and Dr. Rudolf Altschul and discovered that high doses of niacin will lower cholesterol. High dose niacin has since become a treatment option for individuals with high cholesterol and related blood lipid abnormalities.

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Dr. Hans A. Nieper (MD) 1928–1998

“...an important symptom of coronary insufficiency ... is potassium depletion ...

“Aspartate therapy is effective also when the serum potassium concentration is not lower than normal ... The pain of angina pectoris subsided almost completely after aspartate therapy.”

Dr. Nieper, was a well-known innovator of Active Mineral Transport, the use of specific amino acid chelators to deliver minerals to specific sites in the body.

He identified aspartate and orotate as active mineral transport chelators, providing unprecedented rates of mineral absorption and yielding unique therapeutic benefits.

Nieper combined potassium, magnesium and calcium to treat cardiovascular diseases. Dr. Nieper served as the Director of Medicine at Silbersee Hospital in Hanover, Germany and for the German Society for Medical Tumor Treatment. He also ran his own clinic in Hanover for many years.



Dr. Frederick R. Klenner (MD) 1907 - 1984

“I have never seen a patient that Vitamin C would not benefit.”

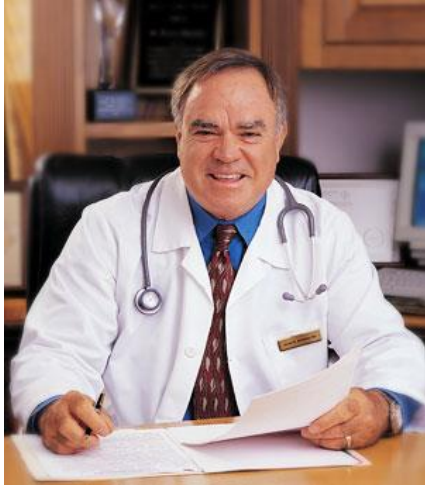
"Some physicians would stand by and see their patient die rather than use ascorbic acid (Vitamin C) because, in their finite minds, it exists only as a vitamin."

Dr. Klenner was the first physician to use Vitamin C to cure diseases.

In the early 1940s he consistently cured chicken pox, measles, mumps, tetanus and polio with huge doses of Vitamin C (vaccines were not available for these illnesses in the 1940's).

He used Vitamin C to routinely cure a total of 27 different diseases, including, atherosclerosis, for over forty years in his family medical practice.

He published 28 medical research papers. He inspired Linus Pauling and Irwin Stone to expand their research on the wider benefits of Vitamin C.



Dr. Julian Whitaker (MD) 1944 -

“First-line treatment for heart disease is almost always medication, but they often fail to improve patients’ overall health.

“Heart patients are often pushed into unnecessary angioplasty or bypass surgery, yet for the vast majority of patients, they are completely unwarranted.

“We believe that the best treatments for heart disease are natural therapies that address the underlying causes of cardiovascular disease. The

cornerstone of our protocol is nutritional supplementation.

“Antioxidants, B-complex vitamins, magnesium, fish oil, coenzyme Q10, and other nutrients play specific, well-studied roles in the treatment and prevention of heart disease.

“We are usually able to help our patients get off their prescription drugs. For example, niacin and other supplements safely lower cholesterol as effectively as statin drugs. Coenzyme Q10 addresses heart failure far better than any prescription medication.

“Other nutritional protocols help lower blood pressure, reduce inflammation, protect against cardiac arrhythmias, and strengthen the heart. As a result, our patients have the potential of actually reversing this condition.”

Dr. Whitaker earned his MD from Emory University. He completed his surgical internship at Grady Memorial Hospital and continued at the University of California in San Francisco in orthopedic surgery.

During his residency, an encounter with a young patient inspired him to begin researching nutritional supplements and other natural therapies ignored by medical schools.

His emerging conviction that natural therapies held more potential for restoring health and preventing disease than did conventional medicine eventually led him to redirect his career into alternative medicine.

In 1974, along with four other doctors and two-time Nobel Prize winner Dr. Linus Pauling, Dr. Whitaker founded the California Orthomolecular Medical Society.

In 1976, he joined the staff at the Pritikin Longevity Center, and in 1979 he founded the Whitaker Wellness Institute.

Today, Whitaker Wellness is the largest alternative medicine clinic in the United States and has served more than 40,000 patients since opening.

Dr. Whitaker continues to see patients and to advocate for your right to use natural therapies through his nonprofit organization, the Freedom of Health Foundation.

He is editor of Healthy Directions' flagship newsletter, *Health & Healing*, in which he shares treatment protocols used with clinic patients. He has authored 14 books.

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Dr. Caldwell B. Esselstyn, Jr. (MD) 1933 –

"Modern cardiology has given up on curing heart disease ... Present cardiovascular therapy has become a standardized error, as it does nothing to prevent disease.

"None of the drugs or procedures that constitute standard medical practice of cardiovascular disease correct the cause or halt its progression. In contrast, this nutrition-based program treats the cause of the disease.

"Family history and genetic background do not cause this illness. Genes load the gun, but improper nutrition pulls the trigger.

"Unfortunately, several mutually reinforcing institutional and commercial interests oppose this nutritional intervention. Every patient with this disease should be made aware of this safe, simple, enduring option to cure himself or herself.

"Most coronary disease need never exist, and where it does exist, it need not progress. It is my dream that one day we may entirely abolish heart disease."

Dr. Esselstyn is an American surgeon and former Olympic rowing champion. He was educated at Case Western Reserve University, Deerfield Academy, Yale University and Case Western Reserve University School of Medicine.

William J. McCormick (MD) 1880 - 1968



Dr. Andrew Saul (PhD) writes, **“Over 50 years ago, it was Toronto physician Dr. McCormick, who pioneered the idea that poor collagen formation, due to vitamin C deficiency, was a principal cause of diverse conditions ranging from stretch marks to cardiovascular disease and cancer.**

“In the 1940s McCormick had already noted that four out of five coronary cases in hospitals show vitamin C deficiency.

“This theory would become the foundation for Linus Pauling’s decision to employ large doses of Vitamin C to fight atherosclerosis.”

After graduating from the University of Toronto Medical School in 1906, McCormick founded and directed The High Park Sanitarium in West Toronto, Canada.

In 1922 he retired from this position and devoted himself to private practice and vitamin research.

He wrote many medical papers on vitamin therapeutics. For his research he was made a member of the American Academy of Applied Nutrition.



Dr. John Cooke (MD, PhD)

“We have learned a great deal in the last few years about how certain nutrients, vitamins, and dietary supplements can enhance the health of blood vessels.

“If you are at risk for developing heart disease, or already have significant vessel damage, you need to know that you can strengthen your blood vessels with nutritional supplements – nutrients I have successfully used to repair the functioning of the heart and blood vessels in my patients.”

Dr. Cooke is the Chair of the Dept. of Cardiovascular Science at Houston Methodist Research Institute and Director of the Center for Cardiovascular Regeneration at Houston Methodist DeBakey Heart and Vascular Center.



Roger J. Williams (PhD) 1893-1988

"When in doubt, try nutrition first ... The nutritional microenvironment of our body cells is crucially important to our health, and deficiencies in this environment constitute a major cause of disease."

Dr. Williams was a Professor of Chemistry and the founder and director of the Clayton Foundation Biochemical Institute (CFBI) at the University of Texas.

Williams is the discoverer of pantothenic acid (vitamin B5), and under his directorship, the CFBI was responsible for more vitamin related discoveries than any other laboratory in the world.

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Dr. Robert H. Fletcher (MD, MSc) and Dr. Kathleen M. Fairfield (MD, DrPH) reviewed all English language papers published on vitamins and the prevention of occlusive coronary artery disease and other conditions.

They concluded that, **"recent evidence has shown that suboptimal levels of vitamins, even well above those causing deficiency syndromes, are associated with increased risk of chronic diseases including cardiovascular disease, cancer and osteoporosis . . .**



"A large proportion of the general population has less-than-optimal intakes of a number of vitamins, exposing them to increased disease risk . . .

"It appears prudent for all adults to take vitamin supplements . . . multivitamins, rather than individual vitamins, because multivitamins are simpler to take and cheaper than the individual vitamins taken separately and because a large proportion of the population needs supplements of more than one vitamin."

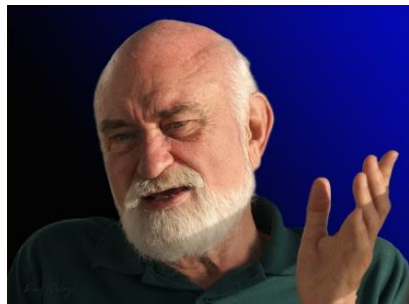
Dr. Fletcher is Professor Emeritus of Ambulatory Care and Prevention at Harvard Pilgrim Healthcare. He has 187 published papers.

Dr. Fairfield is Faculty Physician at the Internal Medicine Clinic within the Maine Medical Center and is a CORE Clinician Investigator.

References:

Fairfield KM & Fletcher RH. Vitamins for chronic disease prevention in adults: scientific review. JAMA 2002; 287:3116-3126.

Fletcher RH & Fairfield KM. Vitamins for chronic disease prevention in adults: clinical applications. JAMA 2002; 287:3127-3129.



Dr. Hugh D. Riordan (MD) 1932 – 2005

“It is not a pretty picture of how the medical establishments treat their fellow physicians who are innovators ...

“According to the latest available US Government statistics, the percentage of Americans over age 20 who are not getting even the RDA of many nutrients is appalling ... the nutrient intake of America is so low in so many that it is a national scandal and a public health menace.”

As founder and director of the Riordan Clinic, Dr. Riordan insisted on 3 things: treating the whole person as a biochemically unique individual, getting to the root cause of the problem, and including good nutrition in the treatment protocol.

This continues to be a primary factor in the Riordan Clinic’s success. Dr. Riordan was a recipient of the 2002 Linus Pauling Award from the American College for Advancement in Medicine, is featured in the International Who’s Who in Medicine, wrote 4 books and 79 medical journal papers.



Dr. Thomas E. Levy (MD, JD)

“The three most important considerations in effective vitamin C therapy are "dose, dose, and dose. If you don’t take enough, you won’t get the desired effects. Period!"

In a review of Dr. Levy’s book, *Stop America’s #1 Killer!*, Dr. Julian Whittaker states, **“The mechanism of atherosclerosis, outlined by Dr. Levy, showing that the absence of vitamin C causes connective tissue of the wall of the arteries to become mushy and watery allowing penetration of foreign substances, is both intriguing and convincing.”**

Dr. Levy has been a practicing physician for 25 years, is a board-certified internist, is board-certified in Cardiovascular Disease, is a fellow of the American College of Cardiology and is currently an Associate Professor at Capital University of Integrative Medicine in Washington, DC.



Dr. William Kaufman (MD, PhD) 1910 – 2000

"What has been known for more than a half century is that vitamins even in properly chosen megadoses can greatly improve the long term health and well-being of many persons eating their ordinary diets.

"Some of these older observations that vitamins can improve health are just being rediscovered as if they were brand new scientific findings."

Dr. Kaufman is well known for curing osteoarthritis with intravenous megadoses of niacin in the 1940s.

He published 66 papers in medical journals and wrote more than 100 reviews of medical books for the International Archives of Allergy and Applied Immunology, of which he was editor for 25 years.



Dr. Emanuel Cheraskin (MD, DMD) 1916 - 2001

"There are more than ten thousand scientific papers that make it quite clear that there is not one body process (such as what goes on inside cells or tissues) and not one disease or syndrome (from the common cold to leprosy) that is not influenced - directly or indirectly - by vitamin C . . .

"Man is a food-dependent creature; if you don't feed him he will die. If you feed him improperly, part of him will die."

Dr. Cheraskin was Professor Emeritus at the University of Alabama Medical School. During his 50 years of scientific research he authored 700 papers and authored or co-authored 17 medical textbooks and 8 books for the general public.

He was a world-renowned lecturer at universities, medical, dental and chiropractic colleges, and was a popular speaker at many conferences on preventive medicine.

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Wilfred Shute (MD) 1907-1982
Evan Shute (MD) 1905-1978

In 1985 Linus Pauling wrote, "**The failure of the medical establishment during the last forty years to recognize the value of vitamin E in controlling heart disease is responsible for a tremendous amount of unnecessary suffering and early deaths.**"

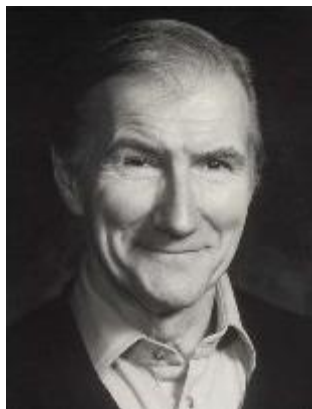
"The efforts to suppress the Shute discoveries illustrate the shocking bias of organized medicine against nutritional measures for achieving improved health."

From the 1940's into the late 1970's, the Shute brothers successfully treated over 30,000 heart patients at their clinic in Ontario, CA. People came from all over North America to receive their treatment.

Medical publications of the day refused to publish their papers, so they started their own medical journal, "The Summary." Dr. Abram Hoffer (MD, PhD) called their studies, "A model of good clinical research."

In 1996 the Harvard School of Public Health published the results of a Vitamin E study. They determined that women had a 46 percent lower risk of having a heart attack and men had a 37 percent lower risk after taking just 100 IU of Vitamin E per day for two years.

The authors of this paper were highly praised for their "discovery." The Shute brothers and their 30 years of research were not mentioned anywhere in the paper.



Dr. Lendon Smith (MD) 1921 - 2001

"Vitamin C is our best defense and everyone should be on this one even before birth. Three thousand mgs daily for the pregnant woman is a start.

The baby should get 100 mg per day per month of age. (The six month old would get 600 mg, the year-old gets a thousand mgs daily, the two year-old would get 2,000 mgs., etc.)

If they get a disease, the immune system will have learned what to do about it, and complications will be rare. We should be working with nature. A daily dose of 2,000 to 5,000 mg would be prudent for a lifetime."

Dr. Smith was among the first to caution against sugar, white flour, and junk food known to contribute to sickness, hyperactivity, obesity, allergies, and many illnesses in children and adults.

He also argued against the use of experimental Ritalin treatment in children with ADHD proposing a good diet and nutritional supplements instead. He authored or co-authored 15 books.

He appeared on the Phil Donohue Show over 20 times and The Tonight Show a record 62 times. He was awarded an Emmy for his After-School Special "My Mom's Having a Baby." Dr. Smith earned his M.D. in 1946 from the University of Oregon Medical School.

He served as Captain in the United States Army Medical Corps from 1947–1949, went on to a pediatric residency at St. Louis Children's Hospital in Missouri, and completed it at Portland's Doernbecker Memorial Hospital in 1951.

In 1955, Smith became Clinical Professor of Pediatrics at the University of Oregon Medical Hospital. He would practice pediatrics for 35 years before retiring in 1987 to lecture, write and continue to help make "megavitamin" a household word.



Dr. Dean Ornish (MD) 1953 -

“You can slow, stop, and even reverse the progression of heart disease ... Nutrition and lifestyle can quickly reverse heart disease, allowing them to transform their lives for the better ...

“Our studies have demonstrated that the more people changed their diet and lifestyle, the better they felt & the healthier they became.

“The primary determinant of the degree of improvement is not age, disease severity or genetics; it is the degree of change in their diet and lifestyle.”

In 1977 Dr. Ornish began a 20 year clinical research study showing that comprehensive nutritional and lifestyle changes could not only stop cardiovascular disease but actually reverse it.

The results were published in the Lancet and the Journal of the American Medical Association. In 2008, he published research showing that nutritional and lifestyle changes affect gene expression, turning on disease-preventing genes and turning off genes that promote cancer and heart disease.

He is the author of 6 books on heart disease, weight loss and the psycho-social aspects of health. He is Clinical Professor of Medicine at the University of California, San Francisco and founder of the Preventive Medicine Research Institute.

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Dr. K. Lance Gould (MD)

“With coronary artery bypass surgery, balloon angioplasty and stent implantation; the odds would seem to favor 21st century heart patients.

“But not only are all of these techniques aggressive and expensive, they don't work. They don't correct the causes of heart disease. They don't stop the processes that create atherosclerosis and, in most cases, they don't help people live longer since the basic causes persist ...

“Reversal Therapy is different. It treats the underlying causes of heart disease ... Reversal Therapy can stop and roll back the progress of the disease ... Not only is Reversal Therapy safer, more effective and less invasive than conventional treatments, it is far cheaper ...

“Recent studies show that people who were put on a moderate low fat diet ... showed that as many as 85% saw their heart disease either stop progressing or begin to reverse.

“Other studies around the world have confirmed these results ... these studies have further underlined the importance of diet by showing that high fat food raises their risk of developing coronary heart disease separately from blood cholesterol levels ...

“Reversal Therapy consists of early detection using PET scans, followed up by a regimen tailored to the individual by his doctor, of a low-fat diet, weight control by reduction of carbohydrate calories, exercise, stress management and quitting smoking. This approach is safer, far less expensive and far more effective than conventional, more invasive treatments.”

Dr. Gould currently holds the Martin Bucksbaum Distinguished University Chair (the only one in Cardiology in the University of Texas System) and is Professor and Executive Director of the endowed Weatherhead P.E.T. Center for Preventing and Reversing Atherosclerosis.

He is a professor of Medicine at the University of Texas Medical School at Houston and his duties include research, teaching, daily performance of PET scans as well as his large clinical outpatient practice.

In order to stick to his basic philosophy of giving each patient individual attention, he has limited his practice to only those patients with coronary artery disease who are interested in the prevention or reversal of the disease by diet and lifestyle management.

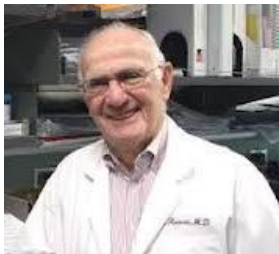


Dr. Jay N. Cohn (MD)

“Everyone should worry about the health of their endothelium [the lining of your blood vessels] and, better still, do something to protect it if it shows signs of damage.

“Early identification and treatment of blood vessel damage should be the preventive agenda for the new millennium.”

Dr. Cohn is Professor of Medicine at the University of Minnesota Medical School and Director of the Rasmussen Center for Cardiovascular Disease Prevention.



Dr. Gerald (Jerry) M. Reaven (MD) 1928 -

“Helping yourself prevent a heart attack means knowing more than your cholesterol count. Your endothelium plays a vital role in this process.

“It is important to know what you can do to keep this vital organ as healthy as possible.”

Dr. Reaven is Professor of Medicine at the Stanford University School of Medicine.



Walter William Stoll, Jr. (MD) 1937 - 2011

“Self-education is the most important thing you can do to protect yourself, and live a healthier and happier life ... The food industry profits from the (false) idea that food processing is not injurious to the nation’s health.

“The medical/pharmaceutical complex profits from illness; the sicker people are, the more money medical professionals make ...

“The AMA policy is to attack any licensed physician who becomes successful [by] offering any alternatives to conventional medicine ... the purpose is to wear them down ... to eliminate the competition.”

In a review of Dr. Stoll's book, *Saving Yourself from the Disease Care Crisis*, Dr. Andrew Saul (PhD) writes, "*Saving Yourself* provides a dozen chapters that address many common conditions that are difficult to cure medically but that respond well to non-drug treatment.

These include colds and flu; allergies; adult and children's behavior disorders; **atherosclerosis and cardiovascular disease**; Crohn's disease, IBS and ulcerative colitis; endocrine conditions; fungal overgrowth; hiatus hernia; and arthritis ...

The authority with which Dr. Stoll writes is effortless, based on his decades of clinical observation of what consistently works with real patients."

Dr. Stoll graduated from Ohio State University College of Medicine in 1962, operated a solo family practice in Kenton, Ohio from 1962-1973, relocated to Lexington, KY where he was a founding professor of the Physician Assistant Program at the University of Kentucky from 1973-1976, founded the Holistic Health Care Center and served as medical director from 1976-1989, was a founding member of the American Holistic Medical Association (1978), and operated a solo practice in Wellness Medicine from 1989-1993.

He retired in 1994 and authored three books. A strong advocate of preventive medicine and patient education, Dr. Stoll maintained an interactive health education website from 1986 to the time of his death.

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So, it seems that a few doctors, at least, are going where the science takes them!

I'm going to let Dr. Linus Pauling and Dr. Matthias Rath (a colleague of Pauling from the Linus Pauling Institute of Science and Medicine) wrap things up for us in their own words.

"The natural amino acids lysine and proline form a protective "Teflon" layer around the Lp(a) molecules. This prevents the deposition of more fat molecules in the artery wall and also releases lipoprotein molecules that had already been deposited there.

"Releasing fat molecules from the atherosclerotic deposits leads to a natural reversal of cardiovascular disease. These fat molecules are transported to the

liver where they are converted to bile acids and excreted or used to make hormones . . .

“These same nutrients are used in the reconstitution of the vascular wall. Ascorbate is essential for the synthesis and hydroxylation of collagen. L-lysine and L-proline are important substrates for the biosynthesis of matrix protein. Maintaining the integrity and physiological function of the vascular wall is the key therapeutic target in controlling cardiovascular disease . . .

“Briefly, Lp(a) has lysine and proline receptors. You can think of a chemical receptor as a simple lock and key. Only one key (e.g. lysine) will fit into the lock (receptor on the Lp(a) molecule).

“There may be multiple receptors on the molecule, but once they are all filled up with keys (lysine or proline) the Lp(a) molecule loses its ability to bind with any more “keys.” When all the Lp(a) locks have keys, Lp(a) will no longer be able to create plaque . . .

“It needs to be emphasized that the reversal of fatty deposits in the artery wall is a process common in nature. Bears and other hibernating animals use it regularly.

“During several months of winter sleep these animals do not eat, and therefore, get no vitamins in their diet. Moreover, during hibernation Vitamin C production decreases to a minimum.

“As a consequence, fat molecules are deposited on the artery walls. In the spring, when the animal wakes up, its vitamin supply increases dramatically from both its diet and from its body’s production.

“With this increase in vitamin supply, the fatty deposits on the artery walls gradually dissolve and the arteries regain their natural fat-free state. If atherosclerosis could not be reversed by an increase in Vitamin C, then all hibernating animals would eventually die from heart disease. Clearly, this is not the case.”

Nutritional Supplement Program Halts Progression of Early Coronary Atherosclerosis Documented by Ultrafast Computed Tomography: Rath, M. & Niedzwiecki, A.: Journal of Applied Nutrition; 48; 68-78; 1996.

Why Animals Don’t Get Heart Attacks – But People Do: The Discovery That Will Eradicate Heart Disease (Book); Rath, M.; Matthias Rath Inc. (El Dorado Hills, CA); 1999.

“The beauty of our research is that, once the cause of atherosclerosis is clearly understood as a chronic nutritional deficiency, the prevention and cure of atherosclerosis becomes obvious.”

~ Dr. Linus Pauling & Dr. Mathias Rath

A Unified Theory of Human Cardiovascular Disease Leading the Way to the Abolition of this Disease as a Cause for Human Mortality; Journal of Orthomolecular Medicine; Vol. 7; Pgs. 5-15; 1992.

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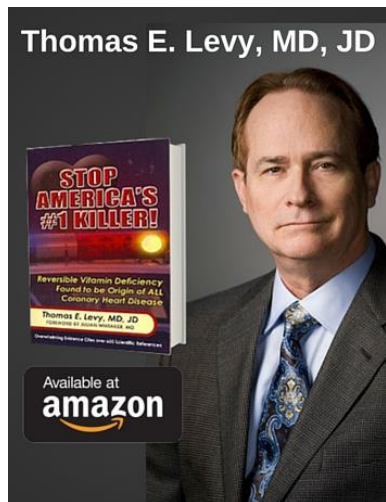
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Thomas E. Levy, MD, JD

STOP AMERICA'S #1 KILLER!
Reversible Vitamin Deficiency Found to be Origin of ALL Coronary Heart Disease
Thomas E. Levy, MD, JD
Author of 10 books on heart health

Available at
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This nutritional protocol is endorsed by Dr. Thomas E. Levy (MD, JD), author of the book Stop America's #1 Killer: Reversible Vitamin Deficiency Found to be Origin of ALL Coronary Heart Disease.

"In my book I list all the nutrients that I feel are important and should be considered by heart patients. It turns out that your nutritional protocol encompasses a sizeable majority of the most important nutrients I recommend. I feel that most individuals, especially known heart patients, would benefit from following your protocol."

~Dr. Thomas E. Levy (MD, JD)
Email to rayellis@saveyourheart.com August 18, 2015.

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