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Irregular Heartbeat (Arrhythmia)

**Dr. Rath's Cellular Health Recommendations
for Prevention and Adjunct Therapy**

- **The Facts About Irregular Heartbeat**
- **Dr. Rath's Cellular Health Recommendations:**
 - **Documented Health Benefits in Patients**
 - **Documented Health Benefits by Clinical Studies**

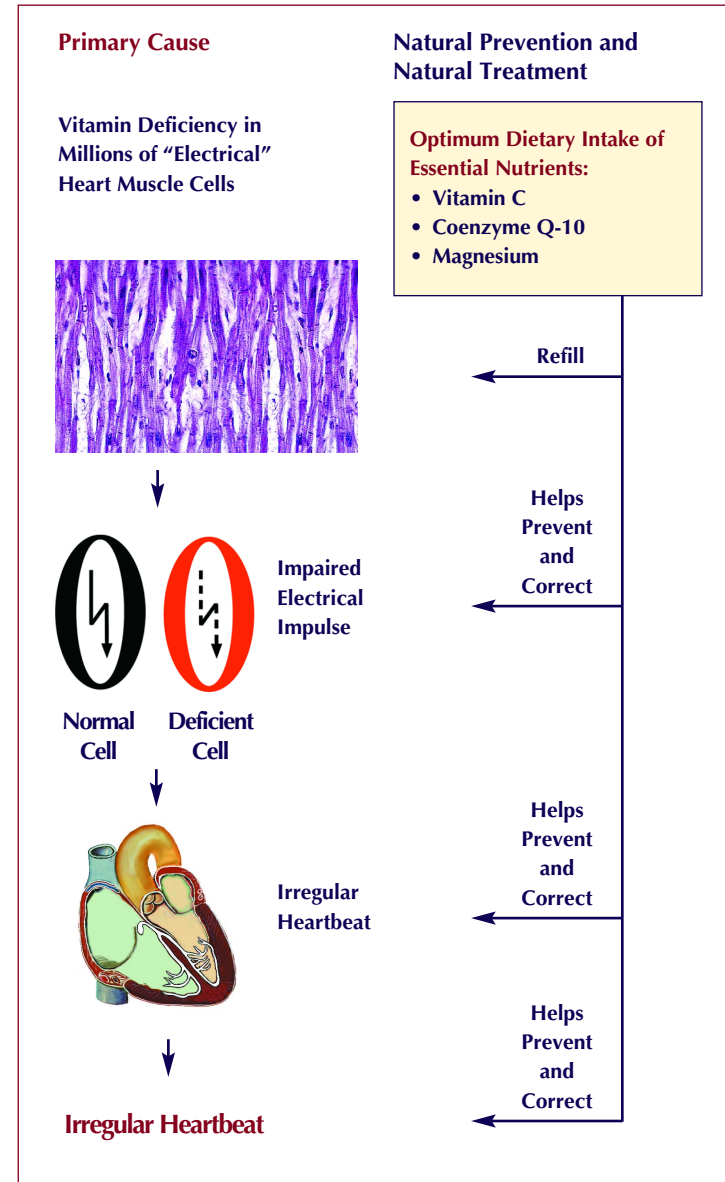
The Facts About Irregular Heartbeat

Worldwide, more than 100 million people suffer from irregular heartbeat. This condition is caused by a disturbance in the creation or conduction of the electrical impulse responsible for a regular heartbeat. In some cases, these disturbances are caused by a damaged area of the heart muscle, for example, after a heart attack. The textbooks of medicine, however, admit that in most cases the causes of irregular heartbeat remain unknown. It is no wonder that irregular heartbeat conditions are a growing epidemic on a worldwide scale.

Conventional medicine has invented its own diagnostic term to cover the fact that it does not know the origin of most arrhythmias. "Paroxysmal arrhythmia" means nothing other than "causes unknown." As a direct consequence, the therapeutic options of conventional medicine are confined to treating the symptoms of irregular heartbeat. Beta-blockers, calcium antagonists and other anti-arrhythmic drugs are given to patients in the hope that they will decrease the incidence of irregular heartbeat. However, the most frequent known side effect of these drugs is an increased risk for new arrhythmias!

Slow forms of arrhythmias with long pauses between heartbeats are dealt with by implanting a pacemaker. In other cases, heart muscle tissue that creates or conducts uncoordinated electrical impulses is cauterized (burned) and eliminated as a focus of the electrical disturbance in the heart muscle. Without an understanding of the primary cause of irregular heartbeat, the therapeutic approaches by conventional medicine are not specific and frequently fail.

Modern Cellular Medicine now provides the breakthrough in our understanding of the causes, prevention and adjunct treatment of irregular heartbeat. The most frequent cause of irregular heartbeat is a chronic deficiency of vitamins and other essential nutrients in millions of "electrical" heart muscle cells that generate and conduct the electrical impulse responsible



The causes, prevention and adjunct treatment of irregular heartbeat

for a normal heartbeat. Long-term deficiencies of essential nutrients in these cells cause or aggravate disturbances in the creation or conduction of the electrical impulses and trigger arrhythmias. The primary method for preventing and correcting irregular heartbeat is an optimum supply of specific vitamins and other cellular nutrients.

Scientific research and clinical studies have already documented the value of magnesium, carnitine, coenzyme Q-10 and other important components of my Cellular Health recommendations in helping to normalize different forms of irregular heartbeat and improve the quality of life for patients.

My recommendations for patients with irregular heartbeat: Start as soon as possible with this vitamin program and inform your doctor about it. Take these essential nutrients in addition to your regular medication. Do not stop or alter your regular medication on your own. Any changes in anti-arrhythmic medication can have serious consequences for your heartbeat and should be done only in consultation with your doctor.

Prevention is better than treatment. A natural cardiovascular program, which helps to correct severe health conditions such as irregular heartbeat is, of course, your best choice for preventing irregular heartbeat in the first place.

How Dr. Rath's Cellular Health Recommendations Can Help Patients With Irregular Heartbeat

Please share the following letters with anyone you know suffering from irregular heartbeat. By doing so, you may help greatly improve the quality of life of a person or even save a life.

Dear Dr. Rath:

Two months ago, I was experiencing loud heartbeats, tachycardia and irregular beating of my heart. I saw my doctor who promptly put me on an anti-arrhythmic drug. I can honestly say the medication did me absolutely no good.

Then, I started to follow your vitamin program. What a smart decision that was! **Within a few days, the tachycardia stopped and I've not experienced any loud or irregular heartbeats.** It's like a miracle. It must be the combination of nutrients in your program because I had been taking coenzyme Q-10 separately from my regular vitamins. I tell everyone I know about the benefits of your program. Because of your research, I'm able to continue working.

Sincerely,
B.M.

Dear Dr. Rath:

In February, I introduced my 74-year-old grandmother to your cardiovascular vitamin program. **Her slow and irregular heartbeat had led her doctor to begin preliminary preparations to install a pacemaker.**

After about three weeks on your program, her heart action was sufficiently improved to cause the doctor to postpone this procedure. This lady is now a faithful follower of your cardiovascular health program and, although she faces other medical challenges, her heart condition continues to improve and the use of a pacemaker is no longer being considered.

Sincerely,
K.C.

Dear Dr. Rath:

I am excited to tell you of my experience. I am a 60-year-old female who has fought hypertension for the past 20 years with many different types of medications, which would work for a while, then become ineffective and start giving me problems.

*In November of 1993, new symptoms began for which I was referred to a cardiologist who determined I was well on my way to a pacemaker. He decided not to treat this aggressively, but instead, through medication. I have avoided surgery. **In February of this year, I began experiencing prolonged bouts of tachycardia and was prescribed new, additional medication.***

In March, I was introduced to your cardiovascular vitamin program. Although I was skeptical, I decided to give it a try. I've just started my third month on your nutrient program, and I have been able to reduce my blood pressure medication by one-third.

The episodes of tachycardia have decreased dramatically, both in intensity and duration. If an episode occurs, it is almost insignificant. At the same time, I have also noted a dramatic effect in that my ankles are no longer swelling at the end of a workday.

Following my last lab work, my doctor told me, "Your numbers look like someone half your age." Needless to say, I am a staunch believer in your vitamin program.

Sincerely,
F.S.

Dear Dr. Rath:

I am 54 years of age and have had a very irregular heartbeat for at least 20 years. This was diagnosed as second degree electrical heart block. I have never taken any medication for this. I have had a stress test done approximately every 2 years and the heart block showed up on the EKG. I was told that as long as my heartbeat was regular when I exercised, I did not need any other treatment.

*In June, I even went back to the doctor where I had my last EKG done so there would be a basis for comparison. **The doctor found that there was no longer any arrhythmia. I have enclosed a copy of his report.** I am sure that your cardiovascular vitamin program is responsible for the correction of my irregular heartbeat, as I had not changed my lifestyle in any other respect.*

Sincerely,
T.H.

Dear Dr. Rath:

How delightful when, after following your cardiovascular health program for just 2 months, one notices the absence of irregular heartbeats and the freedom to breathe freely. Confidence is restored as one has increased vigor and endurance. In a word, one spends less time thinking about the heart and more time enjoying life.

Your cardiovascular nutrient program has become the answer for resolving coronary problems. I am happy to have this opportunity of expressing my gratitude for your advanced medical research and for your cardiovascular health program.

Yours sincerely,
J.S.

Dear Dr. Rath:

Thank you for developing your essential nutrient program, which I am currently following. **Several years ago, I was diagnosed as having Hyperkinetic Heart Syndrome.** I took medication for a few years, but did not like how I felt — too slowed down and not able to respond quickly to physical exertion.

During times of great stress, I would have pounding, irregular, and racing heartbeats at nighttime when I was trying to fall asleep. Also, when confronted with a stressful encounter during the day, my heart would immediately jump into a racing, pounding episode. I heard your lecture in May, and I immediately read two of your books.

A week later, I began following your cardiovascular vitamin recommendations and within a few days, I was no longer experiencing pounding, irregular, and racing heartbeats at bedtime. Within a week, I noticed that when confronted with a stressful encounter during the day, my heart did not jump into a racing and pounding episode.

I have taken vitamins, minerals, and herbal supplements for several years, but have never had this amazing result before now! Thank you so very much!

Yours truly,
C.M.

Dear Dr. Rath:

I am a 35-year-old medical professional. One and one-half years ago, due to severe distress in my professional and personal lives, **I suddenly experienced bouts of supraventricular tachycardia (fast heartbeat), which forced me into the emergency room every two months** over a six-month period. My average heart rate would be 230 beats per minute. This condition was life threatening, and after my third episode, I was referred to the chief of cardiology at the largest hospital in town. After a thorough evaluation, it was concluded that I was not suffering from “anxiety,” but a primary electrical problem with my heart and the supraventricular tachycardia could occur anytime.

Therefore, he recommended a surgical procedure called cardiac ablation. This procedure involved the insertion of catheters into my subclavian and femoral arteries, threading them to the sinus and atrioventricular nodal regions of the heart. A DC current would cauterize certain regions of the heart theorized to be the cause of this aberrant electrical circuit. Although this procedure was definitely indicated, I was too weakened from my recent bout with tachycardia to consider immediate surgery. I therefore resolved to improve my health by strengthening myself nutritionally with vitamins, minerals and herbal and homeopathic formulas.

My research led me to your cardiovascular health program. Your formulation was specific to my health needs, and it saved me much time considering I would have purchased many bottles of isolated ingredients that are all found in your program. Therefore, I embarked on a religious program of supplementation of the essential nutrients you recommended. **It has been one and one-half years since my last episode. I have increased energy and little to no chest pain. I look and feel much better.** I attribute my success and health to your program.

Sincerely,
S.S.

A Double-Blind Placebo-Controlled Clinical Study Confirms Dr. Rath's Cellular Health Recommendations Can Reduce Irregular Heartbeat

Until today, conventional medicine did not recognize the basic understanding that irregular heartbeat is caused by a deficiency of bioenergy-carrying nutrients in the heart muscle cells as the underlying mechanism of this disease.

In Eugene Braunwald's *Heart Disease — A Textbook of Cardiovascular Medicine*, the leading textbook of cardiology, we find the remarkable confession of one of the leading conventional cardiologists: "It is important to realize that our present diagnostic tools do not permit the determination of the mechanisms responsible for most arrhythmias."

Considering this dramatic lack of progress after a century of conventional medical research into the causes of irregular heartbeat, the need to solve this puzzle is obvious. It is even more urgent, considering the fact that millions of patients worldwide need no longer suffer from this condition.

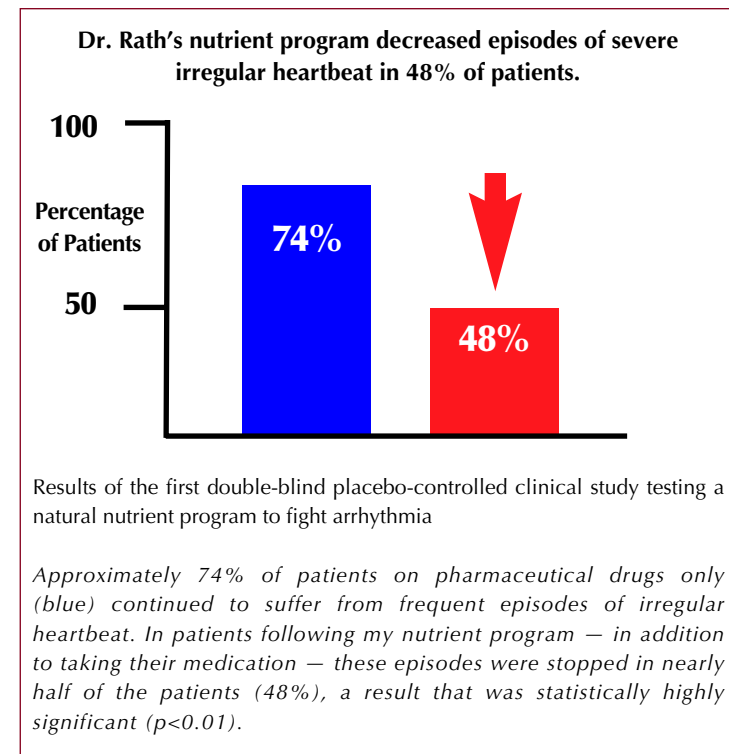
With the support of thousands of patients I had already helped with my Cellular Health recommendations, we conducted the first independent clinical study with cellular nutrients in patients with irregular heartbeat. The scientific value and credibility of these study results are beyond any doubt because it was conducted as a so-called "double-blind placebo-controlled" study. This is the same type of study pharmaceutical companies need to conduct in order to get acceptance for their drugs. The complete study can be reviewed on our website www.dr-rath-research.org.

One hundred and thirty-one patients suffering from irregular heartbeat (atrial arrhythmia) were involved in this study. They were divided into two groups. One group followed my

cardiovascular nutrient program, and the other group received an ineffective placebo pill. Both groups continued their pharmaceutical drug plan as prescribed by their doctors. The study was conducted over a period of six months.

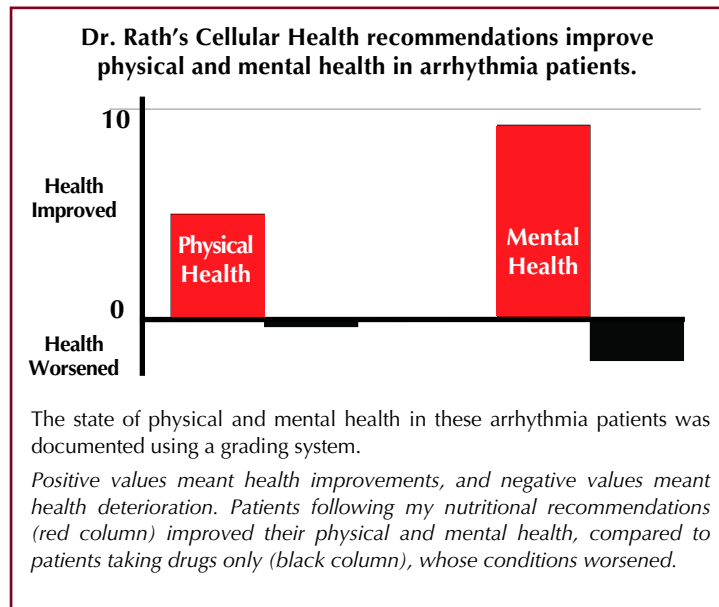
The results showed that my nutrient program was able to:

1. Decrease the episodes of irregular heartbeat in 30% of the patients.
2. Continuously decrease irregular heartbeat over the duration of the nutrient program.
3. Double the chances of a patient being completely free of irregular heartbeat.



Even more important were the additional findings about the benefits of my nutrient program in improving overall physical health, as well as mental health. This data was evaluated using an extensive questionnaire in which patients had to answer specific questions as to their physical and mental health conditions. Each patient had to complete this questionnaire at the beginning and end of the study. This comprehensive data was evaluated using a computer-based grading system to meet international scientific standards. Physical health questions evaluated included, for example, the discomfort during episodes of irregular heartbeat and the patients' ability to conduct their daily work. Mental health questions included the patients' fear of heart dysfunction, as well as related depression.

The results were remarkable. Patients on my cellular nutrient program outperformed the placebo patients approximately four times in physical and mental health improvements.



Solving the Puzzles of Cardiology

Why are arrhythmias particularly frequent in young women of childbearing age?

One of the unsolved puzzles of conventional cardiology is the fact that arrhythmias are particularly frequent in young women of childbearing age.

Without understanding the underlying cause of these arrhythmias in young women, they are frequently prescribed anti-arrhythmic drugs with known severe side effects, including the induction of even more episodes of irregular heartbeat.

It is an inexcusable failure of conventional cardiology to have neglected for almost a century a thorough investigation of this important health problem affecting the lives of millions of young women.

The scientific breakthrough of Cellular Medicine provides the immediate and obvious answer to this medical puzzle. During her childbearing years, every woman loses a significant amount of blood during the menstrual cycle. It is not only blood that is lost, but also its constituents, including vitamins, minerals and other essential nutrients needed to maintain cellular energy metabolism in the organs.

The “electrical” heart muscle cells responsible for the generation and conduction of the electrical impulse for regular heartbeat are among the first cells affected by this deficiency. Thus, the prevention and treatment of choice for arrhythmias — particularly in young women — is the daily supplementation of essential nutrients.

Notes

Cellular Health Recommendations for Patients With Irregular Heartbeat

In addition to my Basic Cellular Health recommendations described in Chapter One, I recommend that patients with irregular heartbeat take the following cellular bioenergy factors in higher dosages (compare to heart failure recommendations):

Vitamin C:

supplies energy for the metabolism of each cell and supplies the bioenergy carrier molecules of the vitamin B group with lifesaving cellular energy

Vitamins B1, B2, B3, B5, B6, B12 and Biotin:

bioenergy carriers of cellular metabolism and, particularly, for the "electrical" heart muscle cells responsible for the generation and conduction of the electrical impulse for normal heartbeat

Coenzyme Q-10:

the most important element of the "respiratory chain" of each cell; it plays a particular role in the energy metabolism of heart muscle cells

Carnitine:

contributes to the efficient utilization of cellular bioenergy in the "power plants" (mitochondria) of millions of heart muscle cells

Magnesium and Calcium:

required, together with potassium, for the optimum conduction of electrical impulses during the electrical heartbeat cycle