

Inflammation Nation: Has heart disease found a cure?

Todd R. Nordstrom

HAVEN'T WE ALL HEARD ENOUGH about heart disease? Cholesterol, lifestyle habits, genetics, red meat, and low-fat diets—it has all been discussed before at length. It's a tired discussion. Nothing changes. In fact, even though the discussion of heart disease is more prevalent today than ever before, the statistics keep getting worse. We're losing the war.

"More people develop heart disease today than ever before," says Dr. Dwight Lundell, a heart surgeon with more than 25 years and now co-author of the new book *The Cure for Heart Disease*. "Every 34 seconds a person in this country dies of a heart attack. That's a staggering statistic—every single day that's 2500 people who die of a disease we can cure. I'm not talking about some fancy new device. Sure, medicine has introduced fantastic new technologies to prolong life. But, we can't keep up with the growing incidence of the disease. More people live with the disease than ever before in history."

Let's be blunt, we're tired of hearing the discussion about heart disease because nothing changes—until now.

"There is a cure," says Dr. Lundell. "If everyone knew the real reasons people develop and die from heart disease, the statistics of heart disease could be dramatically reduced. All it

takes is an open mind to change your perspective. It's time to quit chasing cures that aren't backed by science. That's the simple truth."

Dr. Lundell, a heart surgeon with more than 5000 surgeries to his credit, granted people a second chance at life every single day. Lundell specialized in coronary bypass surgery. He was the poster-child for traditional medicine. In fact, he still is. So, what makes this conversation about heart disease different?

According to Dr. Lundell, sometime during one of his more than 5000 heart surgeries, and amidst his quarter-century in practice, a revelation occurred—an insight into the human body that would change everything our country has ever known about heart disease.

"I was in the midst of surgery, looking at a patient and thinking that this man shouldn't be lying on the

table," says Dr. Lundell. "He didn't have the typical risk factors for heart disease. His cholesterol was in check. He wasn't obese. He didn't smoke. Yet, he did have one condition, the only condition that was present in each and every patient I ever saw—inflammation."

The medical community has long studied inflammation as a condition or a reaction to injury or infection. For decades, anti-inflammatory medications were prescribed without too much discussion into what it was they were actually treating other than pain. In fact, because inflammation is the number one cause of pain in the human body, anti-inflammatory medications were, and still are, typically prescribed solely to alleviate pain—for numerous conditions.

Inflammation is not a fancy medical term. It's exactly what you think it is—swelling, redness, heat, and pain produced in an area of the body as a reaction to injury, infection or foreign objects and substances. Every time a mosquito stings you, a bump forms. Every time you cut your finger on a sharp object, your body swells in the affected area. And, according to Dr. Lundell, the same thing happens inside the walls of arteries.

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Inflammation Nation
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"While I was practicing, I couldn't help thinking there was more to inflammation than suspected," says

Dr. Lundell. "What if inflammation was in fact a culprit—the cause of cardiac arrest? Inflammation wasn't being addressed in correlation to heart disease. Yet, the only common denominator among all the patients I've ever treated was inflammation."

In his new book *The Cure for Heart Disease*, Dr. Lundell, along with co-

author Todd R. Nordstrom, details the causes of arterial inflammation. And, he provides evidence that by reducing acute inflammation, the symptoms of heart disease can actually be reversed.

"Heart disease can only be cured biologically," says Dr. Lundell. "I've spent more than 25 years saving lives with mechanical objects. Ironically, I could have saved many more by offering the public some very basic insight into the real cause of heart disease—an epidemic that will kill most of the people reading this article. That is, of course, until

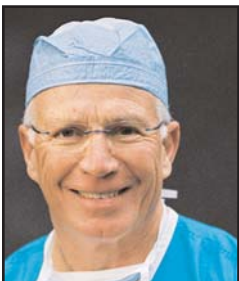
we're all willing to change our perspectives and have a new discussion about heart disease."

Numerous medical studies are now looking into inflammation and its ties to many diseases including: stroke, diabetes, Alzheimers, and obesity.

Maybe it's time we had a new discussion. Let's face it; we're dying to talk about something that actually works.

Todd Nordstrom lives in Scottsdale, Arizona with his wife and three children. He is the Editor of a magazine, a chronic author, and an avid marathon runner.

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