

# My Bout with Heart Disease

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About July, 2011 I had been having strange sensations around my heart, and a chest x-ray showed calcification (atherosclerosis) of the aorta. My father and uncle both started having heart disease many years younger than I, and both died well before their time.

Coincidentally, on the way home from the x-ray I started feeling uncomfortable chest pains, when I believe the heart attack started. So immediately upon arriving home I took plenty of bromelain<sup>1</sup> and nattokinase<sup>2</sup>, which dissolve clots and thin the blood, and have no known harmful side effects. This is in stark contrast to the horrible Coumadin (warfarin) blood thinner, which is extremely hazardous with a very long list of harmful interactions with other medicines, vitamins, nutrients and foods.

Many years ago I read a book about chelation therapy, which explained how the chemical EDTA given intravenously is usually very effective in cleaning out one's arteries, giving one an effective cure. A few years ago I met a person who had a severe heart attack, and who rejected bypass surgery because a friend had died during such surgery. He had a doctor who immediately started him on 60 chelation treatments. After it was all over, he

said he was "as good as new". There are many testimonials to the spectacular benefits, such as this one.<sup>3</sup> (at about 6 minutes into the video).

While we were looking for chelation therapy, a doctor did an electrocardiogram and told me I needed to go immediately to the emergency room for further diagnosis. If I had been incapacitated I would have had no choice, but by the favor of God I was able to reply: 1) If chelation therapy cleans out all the arteries, there is no need to know where the blockage is, 2) I believed I was adequately protected with bromelain and nattokinase against a quick worsening of my condition, and 3) I believed I was making the best risk/reward choice, but if wrong, twice in the past I thought there was a real possibility of dying and I knew where I would be going and had peace in those moments. With that mindset, I had no interest in the conventional medical paradigm of stents, bypass surgery and statins<sup>4</sup>. I had also started using EDTA suppositories,<sup>5</sup> which were touted as as good as intravenous chelation therapy, and a noticeable improvement was clear. In fact, the suppositories probably could have done the job in time, but I wanted professional guidance.

So I finally got started with the intravenous chelation and after about the 5th treatment, I remember feeling my heart at rest. About 6

weeks later I could walk several blocks without distress or rests. Now after 20-odd treatments, I can work much more strenuously in the yard with less frequent rests. This contrasts starkly with my condition at worst where 20 or 30 normal paces or even standing could be distressful. Since the urgency is now gone, I can consider finishing the treatment with the suppositories.

After 6 months, I thought I was cured, but had to resume treatment more than once. Recently I learned that **a diet high in carbohydrates is the root cause, and cholesterol is barely important.**<sup>6</sup> Such a diet also promotes diabetes, cancer, obesity, etc. I now eat *healthy* fats, to reduce carbohydrates. **A low-fat diet is not healthy, and fat will not make you fat,<sup>7</sup> but carbohydrates will.**

Now after about 5 years I am very thankful to God and pleased with the results as I can engage in all ordinary activities without distress, except for vigorous exercise, where I may need to rest occasionally. I would be content to live the rest of my life this way, but am continuing the suppositories in hope of a more complete cure.

This information is pertinent to many, as a recent study<sup>8</sup> showed that the prevalence of atherosclerosis varied from 17% in individuals <20 years old to 85% in subjects ≥50 years old. If you have any symptoms, you should start chelation. If you wait until an

emergency to take action, odds are very slim that you will opt for anything other than conventional treatment.

Even if you have already had a heart attack or bypass surgery, it is probable that chelation therapy could significantly benefit you. It is not unlikely that you will be looking at a future bypass surgery as the bypasses clog up. I know of a lawyer who had one bypass surgery, and later they told him that he needed another. He opted for chelation instead and afterward “could do all the things that he wanted to”. Also, a diabetic patient I met personally said he had lost all feeling from the waist down. After 15 chelations, all feeling had returned and he could walk normally.

Conventional medicine rejects chelation as a remedy for heart disease, and says that it is useless, risky, and even dangerous.<sup>9</sup> But isn't heart surgery very dangerous? They accept no testimonials as valid medical evidence. However, if you have 10 testimonials of outstanding benefits from chelation, and the odds of these benefits are 1 in 10 without any treatment, then the probability of all 10 is 1 in 10,000,000,000. But the odds of such benefits occurring by random chance are likely much more, and when you multiply that out over hundreds or thousands of cases, you get probabilities which are more certain than just about anything you can imagine.

So when it comes to health care, we are in conventional medicine, and cases are many, testimonial evidence is just about the best evidence you can have. Then why is the system so opposed to something so certain? With bargain bypass surgery starting at \$50,000 plus a gushing stream of revenue afterward for prescription drugs, monitoring, testing, dealing with complications, re-doing surgeries and even heart transplants, versus \$5,000 or less for chelation therapy with a tiny trickle of revenue afterward for maintenance, it is no contest.

**I am not a medical doctor, so no medical advice is intended.** You need to think for yourself, and base your decisions on hard evidence and nothing else. See *Health and Medical Paradigms*<sup>10</sup> for more perspective. If this article has helped you, I would be very encouraged if you would let me know.

There can be little hope in the world system, but most important of all, the salvation of your eternal soul is a personal matter between you and God and does not depend on rites, traditions, human effort, or belonging to any church, religion or organization: “*For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works...*” [Ephesians 2:8-9](#) No matter what kind of person you are or what you have done: “*If we confess our sins, He is faithful and righteous to forgive us our*

*sins and to cleanse us from all unrighteousness.*” [1 John 1:9](#) Pray today to put your faith in Jesus Christ alone: “*For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.*” [John 3:16](#) Then study the Bible to live pleasing to God: “*...if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.*” [2 Corinthians 5:17](#)

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