

My Bout with Heart Disease

On about July 1, 2011, I had been having strange feelings around my heart, and a chest x-ray showed calcification (atherosclerosis) of the aorta. My father and uncle both had heart disease many years younger than me, 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 bromelain¹ and nattokinase², 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 of his 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.³

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 blood vessels, 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 statins⁴. I had also started using EDTA suppositories,⁵ which are touted as as good as intravenous chelation therapy, and a noticeable improvement was clear, and they probably could have done the job in time, but I wanted professional guidance.

After about the 5th chelation treatment, I remember feeling my heart at rest. About 6 weeks later I could walk several blocks without distress or rests. After 50-odd treatments, I could 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.

After 6 months, I thought I was cured, but had to resume treatment more than once. Recently I learned that **insulin resistance is the root cause, and cholesterol is not so important.**⁶ High carbs promote insulin resistance which in turn also promotes degenerative diseases such as diabetes, cancer, obesity, etc. I now eat *healthy* fats, to reduce carbs,⁷ and a **low-fat diet is really a high carb diet. Eating fat will not make you fat, but high carbs will.**

Now about 9 years later, and after a few setbacks, I feel completely well, since I have begun using EDTA suppositories at least once a week. I read that doing chelation until you feel well, and then stopping it is not enough, but rather you need to continue with a monthly maintenance treatment. A suppository is about ¼ as effective as intravenous, indicating once a week for them.

A recent study⁸ 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 well as a 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 had 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.⁹ 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 10¹⁰. But 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 results are dramatic and unheard of 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 about \$5,000 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*¹⁰ for more perspective. If this article has helped you, I would feel very encouraged if you would let me know.

Most important, the **salvation of your soul** is personal between you and God and does not depend on rites, clerics, traditions, good works, or belonging to any church or religion: “*For it is by grace you have been saved, through faith, and this is not from yourselves, it is the gift of God, not by works...*” [Eph 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 just and will forgive us our sins and purify 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 one and only 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, the new creation has come: The old has gone, the new is here!*” [2 Cor 5:17](#)

Please pray like this with all sincerity:

"Dear Lord Jesus, I confess I am a sinner, and I ask for your forgiveness. I believe you died to forgive my sins and rose from the dead. I trust and follow you as my Lord and Savior. Please guide my life and help me to do your will. In the name of my Lord Jesus Christ, Amen."

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