

Essential Hypertension and Arteriosclerosis

A new outlook on the basis of Cholesterol being helpful and needed by the body for better maintenance.

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I, being in medical practice do strongly feel that the simple steps of stopping the arteriosclerosis can save millions of lives throughout the world. We are not on the right footing; we are supporting a wrong cause. The cause is not high cholesterol or triglycerides and by reducing these elements, we are following the devastating path by causing more sickness and fatalities. The directions given out by the leading research scholar of the world Dr. Mary G Enig Ph.D. can save the mankind.

As all of us know that blood pressure is needed to push the blood into arterial system of the body. Oxygen is the lifeline of the body, especially the brain and the heart cannot withstand the lack of oxygen for a few minutes and its tissues would be damaged permanently beyond repair. The heart is a pump to push the blood into the lungs for oxygenation and the oxygenated blood is pushed by the stronger left side of the heart to the entire body. The heart relaxes to receive the blood and contracts to force the blood into the arteries. So naturally blood pressure has two peaks corresponding with the contraction of the heart called systolic which is higher and the lower level when the heart relaxes and is called diastolic.

There is a contesting point as to what may be called the desired healthy levels of blood pressure so that so many serious diseases could be prevented. The related problems are cardiovascular, brain stroke, visual impairment, aneurism of aorta, kidney damage, and increased incidence of impaired blood supply to the lower limbs in diabetics leading onto amputation of the parts of the lower limb.

Why does blood pressure rise with increasing age? The arteries get narrowed with aging. The ability of the arteries to expand to supply increased blood to the body gets impaired and all the problems related to blood

pressure come up. This is the natural process of aging and the reason is we lose yellow fibrous tissue and are replaced with white fibrous tissue which is less elastic. This is the reason for the wrinkles to come up on our face and hands and arms which are more exposed to harmful radiation. The blessed body reacts to give sustained and adequate blood supply to vital organs that includes brain, heart, kidneys and eyes by increasing both the systolic and diastolic blood pressure. What are we doing to help our defense systems by cutting down the blood pressure by medicines to our supposedly desired level. This desired level is decreasing with new generation of doctors in each decade. The previous recommended level has been thrown into winds that were age+100 was the desired systolic blood pressure. It takes into consideration the natural aging process. Has this new recommendation drastically prevented increasingly occurring fatal heart attacks in comparatively younger age groups? I know as a medical practitioner this is not the case, we have more incidences of heart attacks in those who are not taking any natural fats and were on lipid lowering drugs. What should be recommended! These are the dietary changes which could retard the hardening of arteries and delay natural changes in the arteries. The regular exercises and walking helps to keep the body well-nourished and repaired. What has happened now is that there are cases of 'Ischemic Macular Necrosis'. It was not there earlier as often. Do our brains get proper profusion of blood to keep our nervous system in order? I am not able to comment upon the changed incidences of Parkinson disease, Alzheimer, hearing and speech disabilities and other cognitive disorders. All these problems are related with aging. We all know that we don't decrease the high BP in brain stroke patients as the decreased profusion of blood to the brain may cause more damage. This is fair indication that we are beating about the bush and we are unable to help our patients the way they could be.

The root cause is arteriosclerosis and we are blaming the diet rich in natural fats. The biggest enemies we have chosen to be are the cholesterol and triglycerides. The enemy is diet, poor in natural fats. We have to agree with pioneer Dr.Mary G Enig Ph.D. on her research on fats. The cholesterol is not our enemy, rather it is very strong defense system and by decreasing cholesterol we are killing our defenses. Our real enemy is the diet poor in natural fats. The fact remains it is the deficiency of cholesterol which is responsible for arteriosclerosis. We are taking excess of refined sugars, vegetable polyunsaturated fats, vegetable oils, hydrogenated fats. The cell walls contain 50 % fats in the structure. The fats derived from other than natural sources are of inferior quality which is brittle, inelastic and rough and forms plaques in the arterial walls. There is the call from nature to polish the arterial walls by cholesterol, so cholesterol level rises as a defense mechanism. The cholesterol polishes the arterial walls and it adds elasticity to the vessel wall and the arteries can withstand high blood pressure needed for our body. Otherwise, the rough surface attracts platelets to form thrombus or clot, this is again a defense system to heal the arterial walls but it leads to heart attack or stroke. In all the cases of heart attack the cholesterol does not rise. Main indicator of impending heart problem is the increased level of homocystein. This level is checked by Vitamins of B1, B6 and B 12. Our diet poor in antioxidants can cause problems.

This is the irony with us as physicians, we don't look beyond what is advised by our regulating authorities and it is our holy responsibility to work on the lines that cholesterol is not the enemy. I have taken more natural fats and the precaution against natural fats had been absolutely ignored so that I could guide my patients about the reality of cholesterol. I am surprised by the reports of my lipid profile, these are absolutely normal after 2 years of taking lots of fat in my diet.

I now advise my patients who may have heart attacks in the past or had high cholesterol and been taking drugs to lower cholesterol levels. To stop cholesterol lowering drugs, and to take lot of fats of natural origin and reduce carbohydrates and get the lipid profile done after two months of this switch over, if they feel better and cholesterol has not jumped to higher level than they should continue with the new regime. I am hundred percent certain that they should be better.

An additional finding which I have come across in my healing camps where I happen to meet many patients of all types. I have found that those who are taking desi ghee are thin and are not over weight and their joints are good and they don't suffer from osteoarthritis. So my finding prove another fact, obesity is due to restriction of desi ghee and joints are damaged owing to the same factor. So please take desi ghee in any amount and stay thin and without joint problems.

In the end, I can most humbly suggest that rather than bringing down high BP we should all work to check arteriosclerosis by adopting above mentioned guidelines based on the research by Dr. Mary G Enig, Ph. D. an expert in nutritional biochemistry in Maryland.