



# ETERNAL HEALTH

*with*  
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## Can the scourge of heart disease be halted?

Drug companies can't turn a trick these days. With heart disease still the number one cause of death in the western world, it's not rocket science for them to be clamoring to provide us with a product, which stops this disease in its tracks and if it's natural all the better. Which is probably why they turned their attention to a B vitamin called niacin, that has the special ability to elevate HDL, the so-called good cholesterol, that protects us against our major nemesis.

It came as a bit of a shock when the recent Niaspan trial, expected to be a big success in the preventive stakes and hence a massive cash cow for Abbott Laboratories, the pharmaceutical company that bankrolled the research, had to be aborted 18 months before it was completed.

What the trial did was to give industrial strength niacin in the form of an extended release formulation, gradually increasing the dose to 2000mg per day, to a group who were also taking a statin, a cholesterol lowering medication. Despite the fact that HDL went up the niacin group experienced a small, but as the research scientists embarrassingly revealed, 'unexplained' increase in stroke. Representatives of the company were at a loss to account for these developments and were at pains to indicate that this outcome was exactly the opposite of what would be expected with all of niacin's potential to prevent heart disease. As it turns out niacin is already turning over a wholesome profit. Niaspan is currently sold on its own and in combination with a statin drug called simvastatin under the brand name Simcor, and in combination with another statin, lovastatin as Advicor. First-quarter sales reached a healthy \$226 million. Despite the protestations of the spin doctors representing the company, investors became a little gun shy, and Abbott shares ended Tuesday's trade down 1.6% to \$52.14.

Aside from its obvious attraction as a natural product and its capacity to increase the good cholesterol, pharmaceutical companies have been feverishly searching for a new messiah, with the expectations that statins would be our saviour, imploding dramatically. For those without heart disease, which is most of us, a number of trials have shown that statins might lower cholesterol but they don't prevent heart attacks, that is at least 70% of the time.

If niacin, at least in its extended release form, has a downside and statins don't work most of the time, where does that leave us? Research indicates that relying on one magical preventive pill might be shortsighted and that taking combinations of vitamins like vitamins C and E together with the substance coenzyme Q10, as well as resveratrol, made from the skins of red grapes, before arteries get gummed up with fat, might be more productive. We also need to target weight gain, especially the fat that masses around our tummies as this form of fat is toxic to our hearts. These strategies might not be what the pharmaceutical companies had in mind, but it just might invigorate our stocks.

'You Have The Power' is now downloadable as an [e-Book](#) and has excellent segments on heart disease prevention and weight loss.

## The Eternal Health Wellness Program

This program is the latest in preventative medicine and anti-ageing technology. In Modern society we plan for our holidays, our weddings, buying cars, buying houses, our retirement... but we don't plan for our most precious resource of all.... our health!

Without health and vitality we cant enjoy our lives. There is further information about the Eternal Health Wellness Program on the Anti-Ageing tab of the website, [www.eternalhealth.org](http://www.eternalhealth.org)

Start planning for your health success and begin a this program for LIFE and help reduce the signs and symptoms of ageing.  
For more details, please phone 02 9337 3589

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