

Coronary Nutrition

Dr. W. C. H., M.D.,

Dear Colleague:

Here is the answer to your coronary, our President's and the others: You no doubt read the article in Readers Digest for November, page 209. Now on Thanksgiving Day 1955, we have something special to be thankful for.

We have known for years that it was cholesterol depositing in the arteries that caused the mischief and that the cholesterol came from fats. Now we know that it is the heated fats! Within the last three weeks reports have come in from Europe, California and New York. In the hospitals they gave all the patients on one side of the halls ONLY ANIMAL FATS and those on the other side of the halls the diet was just the same EXCEPT they all got only VEGETABLE FATS. Each week the contents of the plasma for cholesterol and phospholipids was checked and the next week those who had animal fat last week got vegetable fat, and each time it was found that those who had eaten only vegetable fats showed a definite lower cholesterol and phospholipids. Now the next question is WHY?

I have a hunch that since most all animal fats have been heated and most vegetable fats are eaten UN-HEATED, did not the Supreme Intelligence put some catalyst or synergist in there, but when we heat it those catalysts or synergists are destroyed. As for me, I am going to forego bacon and ham, and am going to remove the fats from my steaks, hereafter (and the fat is the part I like best). I am going to eat only boiled eggs, too. Remember, in the U.S. Dept. of Agriculture Year Book – Food & Life – Page 295, it says: "Don't fry foods valuable for their contents of Vitamins A, B or C." Another hunch is that it is the heat in the presence of air, and the shell of the egg keeps the air out. Of the foods, protein, Carbohydrates and Fats, only the fats can act as a vehicle for Vitamins A, D, E, F, & K, so I am going to obtain Un-Heated and Un-Hydrogenated fats – either Corn, Soybean, Cotton seed or Peanut oils (probably cold pressed soybean oil) and I am going to get a statement in writing that it was not extracted by trichloroethylene as a solvent. I will mix that peanut butter to revive, if possible, some of the synergists and/or catalysts that were destroyed by the Hydrogenation (most peanut butter has been hydrogenated) then I will thicken it back to the spreading consistence with finely ground Brewers Yeast, which is one of the best sources of both protein and the B Complex vitamins (as is liver until it is fried that RANCID fats destroy vitamins A, D, E, & F, not only in the intestinal tract, but seen in the blood itself. I will also eat daily, as I have for years, a mixture of half and half Fat Free Powered Milk and Powered Yeast – the heavy kind, as made by Red Star Yeast Company of your city, or Anheuser Busch, or Standard Brands; but don't get it in tablet form. That appears as medicine and yeast is food. Contrary to the opinion of the day, Brewers Yeast and untinkered with oils, usually reduce the obese, and the vegetable fats is where we get our unsaturated fatty acids, that we MUST have.

Good night till I see you.

The author is too old, too busy, but not an extrovert, so prefers to remain unknown, but anyone is at liberty to reprint this anywhere that it might help any one that was made in the image of my Creator.

A most excellent review of our need of fats as vitamin carries is to be found in "Let's Eat Right To Keep Fit" by Harcourt, Brace & Co., New York City.

This reprint is from the carbon copy of a letter from a physician to another M.D. who had a heart attack. Please read and pass it on or copy or reprint for the good of humanity.

I suspect the answer to Cancer is about as simple. Probably a shortage of Potassium and an excess of Sodium – cut down on all sodiums and eat "Black Strap Molasses" (Which is exceedingly rich in potassium), not sorghum. Black Strap is the vitamins and minerals that are left after white sugar is made. (White sugar has had all the vitamins and minerals taken out.)

Recently a lady went in one of the drugstores with her three children and sat at the counter. She ordered a coke for each one of the children and a box of aspirin, and gave each one of them an aspirin so they would not have headaches. With that type of nutrition, what is our country coming to?