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Drug Companies Hijack Clinton's Heart News

By Dr. Donald A. Miller

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When Bill Clinton was scheduled for heart surgery, reporters spoke of how he had been a junk food addict, loving burgers, fries, and shakes, even eating a whole pie at one sitting.

After his quadruple bypass surgery, the major TV news shows talked about how Bill had stopped taking his statin drugs, and showed many of the pricey brands of pills.

Naughty, naughty, bad Bill.

Whoa! Stop! Time out!

Bad eating habits can clog arteries, despite any medications taken. Good eating habits can reduce blood cholesterol levels and the likelihood of plaque deposits. In fact, several medical studies have shown that lifestyle changes can even reverse heart disease, with or without drugs.

For example, do a web search on "Dean Ornish".

Dr. Ornish's "Life Choice Diet"

<http://www.fatfree.com/diets/ornish.html>

is a low-fat vegetarian way of eating with less than 10% of calories from fat. The focus is on beans, fruits, vegetables, and whole grains, with processed foods and nonfat dairy products consumed in moderation. Simple sugars and alcohols, like fat, are to be avoided.

In my "Easy Health Diet", I don't insist on a totally vegetarian diet. I do, however, show that it is easy to curb fat fried foods and fatty sauces, and to replace a large portion of four legged meats with traditional soy foods. Of course, moderate exercise helps, as in my "Easy Exercise All Ages."

Tip: If you can't find your cheek bones and jaw bone in the mirror without using your fingers, you are FAT! If you are merely "pleasingly plump", you are still at elevated risk. You are inviting a whole host of possibly fatal diseases.

Take responsibility for your own health. And be very careful

interpreting news. Statin pills and prayers do less for health than good diet and moderate exercise.

Sometimes drug companies make me sick!

Naughty, naughty, bad drug companies.

** Diet with FACTS, not MYTHS. **

Dr. Donald A. Miller is author of "Easy Health Diet" <http://easyhealthdiet.com/diet.htm>, "Easy Exercise All Ages" <http://easyhealthdiet.com/eeaa.htm>, and numerous free articles on health <http://easyhealthdiet.com/articles/>. Seven of ten deaths are caused by preventable diseases.

Clinton on South Beach Diet

By Laura Ciocan

Clinton's recent quadruple bypass surgery has been largely debated. Being on the South Beach Diet made everybody wonder how the former president's illness advanced so much as to need to be surgically corrected. Some even blame it on the diet. Some wonder why the diet didn't help avoiding surgery.

Fact is that, first of all, being on the South Beach Diet for a relatively short time or being on any other diet couldn't work miracles and suddenly reverse atherosclerosis. It is true that recent clinical trials have indicated that with a reduced cholesterol level, reduced weight and regular exercise heart disease may regress but a longer period of time is required to restore what was built in decades. Studies show that coronary artery disease starts as early as childhood progressing throughout adolescence and childhood.

Then, there were other factors sure to worsen Clinton's condition. In heart disease there are several

risk factors that cannot be changed: age, heredity, gender. Older males with a family history of heart disease are more likely to suffer from it, and Bill Clinton fit the profile.

Stressful life contributed to a great extent to his illness, although he is known to exercise regularly. Among other benefits, exercise helps relieving of stress. But the former president overlooked other important aspects. His fondness for smoking and unhealthy foods worsened the situation. Since he started the South Beach diet he lost weight. Probably if dieting had been one of his priorities earlier in his life, his health would have improved substantially. Unfortunately, it seems that his doctors were not that persuasive! The result was that surgery was needed to prevent a heart attack.

Following the South Beach Diet (in a low–sodium version) on a long term basis, accompanied by an exercise routine and quitting smoking would be likely to help the former president to improve his health after his release from the hospital.

Laura Ciocan writes for

where you can find more information

about the South Beach Diet Please feel free to use this article in your Newsletter or on your website. If you use this article, please include the resource box and send a brief message to let me know where it appeared:

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