Many years ago it was believed that gastric ulcers were caused by stress and excessive stomach acid. Many ulcer patients quit their jobs, believing they were too stressful. Others walked away from strained marriages, mistakenly believing stress caused their recurrent ulcer problem.

Then two tireless medical investigators in Australia search for the cause of gastric ulcers and found it was caused by a germ. It took over a decade to convince modern medicine of this fact. Today it is known that a bacterium, Helicobacter pylori, causes gastric ulcers and they are successfully treated with antibiotics, and alternative medicines.

For a long time, since the discovery of DNA, medical researchers have believed that cancer is caused by gene mutations. But what causes genes to mutate?

Recently the human papilloma virus has been fingered as the trigger for cervical cancer. Cancer caused by a germ?

Medical investigators now believe heart disease may be caused by a bacterium, **Chlamydia pneumoniae**.



# Chlamydia pneumoniae.

LONDON (Reuter) - British researchers said they have found intriguing evidence that a common bacteria can cause heart attacks. By Maggie Fox.

They said men who had suffered one heart attack and who had antibodies to <u>Chlamydia pneumoniae</u> were four times more likely to suffer second heart attacks. Treating them for the infection lowered the risk.

# A malfunctioning immune system can cause allergies or arthritis and can fail to stop the growth of cancer cells

Chlamydia pneumoniae bacteria enter the

body through the mouth and nose, infecting the lungs and causing respiratory diseases such as bronchitis and pneumonia. Chlamydia pneumoniae is a very common germ—nearly everyone at some point in his life becomes infected by it. Usually, the initial infection is so mild that the victim never even knows that he's picked up the germ.

To cure the infection, the body uses immune cells in the lungs, which surround the germs, swallow them whole, and kill them. But the Heart Attack Germ is difficult to kill and may actually live and multiply inside immune cells. That's why most Chlamydia pneumoniae infections last a long time—the body is never able to completely eliminate the germ.

### Boost your immune system

Immune cells exit the lungs, carrying the living Chlamydia germs through the bloodstream and into the arteries of the heart and brain. Once inside an artery, the germs multiply, damaging the artery wall and creating long-term infection and inflammation. This constant, low level of infection and inflammation produces no obvious symptoms. The victim is sick, but he doesn't know it ... yet.

Since cholesterol plaque is naturally drawn to the site of inflammation, long-term infection and inflammation continually draws cholesterol plaque to the artery over an extended period of time. As the years pass by, layer after layer of plaque is deposited in the artery. These layers build into mounds of cholesterol that clog the artery, creating the symptoms of cardiovascular disease and the sudden occlusions that trigger most strokes and heart attacks.











The findings, published in the American Heart Association journal Circulation, add to a growing body of evidence that heart attacks may sometimes be due to infection rather than genetics or lifestyle.

"We know that antibodies seem to be linked to heart disease," Dr. Sandeep Gupta at St. George's Hospital Medical School in London, who led the study, said in a telephone interview.

In addition, the <u>chlamydia bacteria</u>, which cause a chest infection and which are a close relative of a common sexually transmitted disease, have turned up in the fatty plaques that line clogged arteries.



Gupta's British Heart Foundation team joined the race of researchers trying to establish a more than circumstantial link between the bug and heart attacks.



chlamydia pneumonia which must be addressed. Try general antiseptic and parasites general if no response.) - 250, 1.2, 650, 625, 600, 787, 727, 262, 776 Hz.



His team took 213 survivors of heart attacks and divided them into three groups according to how many chlamydia antibodies they had in their blood.

They watched for heart attacks for 18 months. "The group of heart patients with negative antibodies, they had an approximately seven percent event rate over 18 months," Gupta said.

Those with intermediate levels of antibodies had double that risk, while those with high antibody levels -- meaning bigger chlamydia infection -- had a 28 percent ``event rate" of heart attacks. That was four times the risk of the group that had no antibodies.



"But the guys that had high antibodies and also got antibiotics, their risk went down to eight percent," Gupta added.

They were given a single three-day course of azithromycin, although Gupta said he believed several antibiotics such as tetracycline would also have worked.

"This is a small study," Gupta noted. He said his team would now start a two-year study with 2,500 volunteers. "I don't think we are in a position yet to tell people you should be having antibiotics. No way," he added.

Gupta said he thought chlamydia was causing inflammation, which in turn caused blood clots.



The chlamydia was somehow crossing into the arteries, he added. Immune system cells could be the key. "It's a lung infection but it's found in the coronary," he said. "It may be transported in the monocyte, the warrior, the white cell."

Activated monocytes produce a chemical on their surface known as tissue factor. Meant to be part of the healing process, it can help trigger blood clotting.

Chlamydia was a logical culprit because it was so insidious, Gupta added. It could lurk in the body a long time, causing few symptoms but a lot of damage.

"If you look at other chlamydia species, it's the commonest cause of infertility in the USA," he said. "It causes inflammation of the Fallopian tubes and then it causes scarring."

With another chlamydial infection, trachoma, blindness is caused in a similar way by scarring eye tissue.

If antibiotics could help even a small percentage of people with heart disease, many lives would be saved by something as easy as taking a few tablets, Gupta said. REUTER@

#### Symptoms and diagnosis

Symptoms of infection with C. pneumoniae are indistinguishable from other causes of pneumonia. These include cough, fever, and difficulties breathing. A sligtly red hard palate, and a whitening of the back of the tongue are very common. Patients infected with C. pneumoniae often have nasal congestion, chest pressures and depression. C. pneumoniae more often causes pharyngitis, laryngitis, and sinusitis than other causes of pneumonia; however, because many other causes of pneumonia results in these symptoms, differentiation is not possible. Likewise, a physical examination by a health provider does not typically provide information which allows for a definite diagnosis.

If you suspect you may have CPN or CPN complications, ask your doctor to test for PCR testing especially that which is referred to as nested-PCR testing, is considered to have the highest sensitivity and to be most objective source of serology testing for Cpn.



## The Germ Theory of Disease is now being given more credence.

In The Hidden Epidemic, health writer and disease investigator Bill Sardi reveals a "stealth bacterium" that may cause the sudden rise in childhood autism, asthma and diabetes, and many other diseases and disorders.

This same bacterium may be the primary cause of schizophrenia, allergy, digestive tract problems, Parkinson's disease and even cancer.

Even more alarming, it appears more than 95% of the population may be infected by this bacterium, or will experience future or recurrent infection. Complicating the problem is the fact that this germ cannot easily be detected in the human body, even by the best microbiologists.

Since antibiotics are now growing weaker, and a totally-drug resistant form of stealth bacterium is now taking hold in the population, humanity will be forced to search for

alternatives to antibiotics. Nature provides such natural alternatives, and they are revealed in The Hidden Epidemic.



## Other illnesses

In addition to pneumonia, C. pneumoniae less commonly causes several other illnesses. Among these are meningoencephalitis (infection and inflammation of the brain and spinal cord), arthritis, myocarditis (inflammation of the heart), and Guillain-Barré syndrome (inflammation of the nerves). It has also been associated with dozens of other conditions, such as Alzheimer's disease, fibromyalgia, Chronic Fatigue Syndrome, prostatitis, and many others.

High levels of iron along with Chlamydia pneumoniae infection are now suspected. [Biological Research Nursing 6: 3-10, 2004] (Not to be confused with Chlamydia trachomatis, which causes ocular and genital infections)

Researchers note that people who have higher antibody levels against germs such as enterovirus, herpes simplex and Chlamydia pneumonia, are more likely to have coronary heart disease. [Atherosclerosis, June 14, 2006] Furthermore, recently researchers have linked atrial fibrillation (fluttering of the top chambers of the heart) with Chlamydia pneumonia respiratory infection. Patients with atrial fibrillation and/or Chlamydia pneumoniae infection often have the same accompanying problems of high blood pressure, heart attack and reduced lung function. [Medical Hypotheses 67: 462, 2006]



An interesting study of coronary arteries examined during autopsy found DNA evidence for Chlamydia pneumoniae in 31.7% of diseased coronary arteries and 0% (zero) percent in healthy coronary arteries. [International Journal Immunopathology Pharmacology 17: 301, 2004]



Circulatory System

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C. pneumoniae infects endothelial cells that line the inside of arteries and induces inflammatory reactions (elevated C-reactive protein) that are commonly observed in atherosclerosis. [International Immunopharmacology 6:848-53, 2006]

While antibiotics have been recommended for routine use with the onset of heart disease [Herz 23, 185, 1998] doctors still cling to the cholesterol concept in

controlling heart disease.

However, antibiotic therapy has produced inconsistent results in quelling germrelated heart disease. Furthermore, recent studies do not indicate the presence of antibodies against C. pneumoniae can predict heart attacks. [Journal Infection 53: 93-97, 2006]



While prescription antibiotics may generate resistant forms of bacteria like Chlamydia pneumoniae [Antimicrobial Agents Chemotherapy 49:903-7, 2005], there are molecules found in nature that are quite active against this germ that do not induce germ resistance. For example, resveratrol, commonly found in concentrated form in red wine, is active against Chlamydia pneumoniae, which may be one reason why wine drinkers exhibit reduced risk for heart disease. [Atherosclerosis 171: 379-80, 2003]



Recently researchers at the Drug Discovery and Development Technology Center in Helsinki, Finland, note that while antibiotics are effective against this infection, eradication of Chlamydia pneumoniae is "extremely difficult." High doses of antibiotics for extended periods of time are needed to achieve a cure.

Therefore, these researchers screened natural molecules and found many that are 100% active in inhibiting Chlamydia pneumoniae. While many of these natural molecules are not commercially available to consumers, one is -- **Myricetin**, **naturally found in berries, which is available as a botanical extract from** <u>Myricetin</u>

There are signs and symptoms other than heart disease that may provide clues to Chlamydia pneumoniae infection. Chlamydia pneumonia infection is also associated with asthma, chronic obstructive pulmonary disease and lung cancer. **It commonly causes symptoms of sore throat and sinusitis.** 

Chlamydia pneumoniae may not be the only stealth bacteria involved in heart disease. Dr. Lawrence Broxmeyer MD, writing in Medical Hypotheses, suggests Mycobacteria tuberculosis is another candidate germ that has connections to heart disease.



Dr. Broxmeyer notes that TB is a micro-organism that is dependent upon cholesterol for its destructive action and maps showing areas of high rates for cardiovascular disease are strikingly similar to regions with high TB rates. [Medical Hypotheses 62: 773-79, 2004]

It is known that allicin, the active ingredient produced when a clove of garlic is crushed, is active against tuberculosis. [FEBS Letters 580:2517-22, 2006] However, garlic pills may produce little or no allicin due to destruction by stomach acid of an enzyme, allinase, needed to produce allicin. Most garlic pills are labeled for allicin content after testing in water rather than simulated stomach acid. [J Agriculture Food Chemistry 49:2592-9, 2001] Therefore, labeling on most garlic pills cannot be relied upon.

Bill Sardi, Knowledge of Health, Inc



## HOW CAN I PROTECT MYSELF FROM THE HEART ATTACK GERM?

Chlamydia Pneumonia which must be addressed. Try general antiseptic and parasites general if no response.) - 250, 1.2, 650, 625, 600, 787, 727, 262, 776 Hz.

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Natural Options





