

SECTION 4. INTERNAL DISEASES

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4.1 A modernized approach to the treatment of with the help of nutrition programs

In today's society, cardiovascular disease has become a growing concern. According to the World Health Organization, cardiovascular diseases are the leading cause of death globally, resulting in over 17.9 million deaths each year. In light of this alarming statistic, it is crucial to explore preventive measures and potential remedies for cardiovascular diseases.

Dr. Caldwell B. Esselstyn, a prominent physician and director of the Cardiovascular Prevention and Reversal Program at the Cleveland Clinic Wellness Institute, has made significant contributions to cardiovascular health through his research and practical application of the plant-based dietary approach. He was recognized as one of America's best doctors in 1994 and 1995. His research findings and messages are of fundamental importance in maintaining health and treating sick people. He published a book in which he demonstrated the profound influence of nutrition on long-term health and the reversal of cardiovascular diseases. Here is a key statement from his book: "Nutrition is the key to the long-term maintenance of life."

Proper nutrition not only lowers our cholesterol levels, it also has surprising effects. Caldwell Esselstyn has proven this in a practical way in which the health of these organs depends on proper nutrition. 12 years were spent in constant research and additionally, another 12 years of practical application of the studied method proved the correctness of his theory. Dr. Esselstyn managed to achieve stunning results in treating and preventing cardiovascular disease through dietary changes. He and his wife, Ann Creel Esselstyn, have followed a plant-based diet since 1984. Dr. Esselstyn currently directs the cardiovascular prevention and reversal program at the Cleveland Clinic Wellness Institute. As an employee of the Cleveland Clinic, one of the most famous medical institutions in the world, Caldwell Esselstyn performed many operations on patients with cardiovascular diseases. He concluded that surgery is not appropriate for

cardiovascular diseases, as it does not lead to a full recovery of the patient and often puts him back in the hospital bed. He drew attention to the fact that three-quarters of the planet's inhabitants do not suffer from cardiovascular diseases, thanks to the peculiarities of their diet. For example, these are the countries of Southeast Asia, where food consists mainly of products of plant origin. Dr. Caldwell Esselstyn has proven that a fondness for fatty foods is the cause of heart disease and consuming foods that do not contain fat prevents their progression and can save the body from the consequences of these diseases. Several thousand patients took part in the approval of Dr. Esselstyn's program, which achieved significant progress in improving the health of the heart and blood vessels. A few months after starting to work on themselves in this program, almost every patient felt improvement. Over the course of many years, following the diet, many of them stopped experiencing unpleasant symptoms of the disease. Dr. Esselstyn asserts that the primary cause of death in Western civilization can be eradicated through a plant-based diet. According to him, a shift towards a healthy diet could substantially diminish diseases stemming from dietary choices, including stroke, high blood pressure, obesity, osteoporosis, and diabetes. Furthermore, significant reductions in breast cancer, prostate cancer, colon cancer, rectal cancer, uterine cancer, and ovarian cancer could be achieved if millions embraced this preventive approach. In such a scenario, the medical focus could shift away from pills and surgery, with prevention taking precedence over desperate surgical interventions. The secret to the prevention and treatment of heart diseases lies in proper nutrition: abandoning the usual diet and maintaining cholesterol levels much lower than those recommended by specialists in the field of health care. The proposed dietary program emphasizes complete avoidance of foods contributing to vascular disease onset or development, aiming to eliminate any contribution of such foods. Dr. Esselstyn, the proponent of the program, firmly advocates against introducing even a drop of detrimental substances to the body, promoting a fire-free approach. According to Esselstyn's recommendations, adherence to a strict dietary regimen is crucial for success. Key points include limiting daily fat intake to 22–39 g when consuming 1000 calories, avoiding animal fats from proteins, oils, and dairy, and excluding refined

products. The focus is on preventing heart disease, with Esselstyn asserting that maintaining cholesterol below 150 mg/dL and adopting a vegan diet can negate the impact of smoking, obesity, and genetic predisposition on coronary heart disease. The doctor highlights the fast, safe, and permanent results achievable through a plant-based diet.

Esselstyn's dietary restrictions involve excluding meat, fish, chicken, eggs, milk and milk products, oils (including vegetable and olive oil), cereals, and nuts. Recommended foods include vegetables, whole grains, legumes, fruits, and fat-free soy milk. Esselstyn suggests specific supplements for heart and vascular health, including multivitamins, vitamin B12, calcium (starting at 50 years), vitamin D3 (starting at 50 years), and omega-3 fatty acids from flax seeds. The program advises against using oils, even olive oil, with reported instances of angina improvement upon discontinuation. The effectiveness of Esselstyn's approach is supported by thousands of patients showing significant progress in cardiovascular health without surgery.

In terms of cholesterol management, Esselstyn recommends statin-based drugs in small doses to achieve a level below 150 mg/dL, coupled with adherence to the dietary plan. The program's success is attributed to its systemic and dietary approach, challenging traditional medical practices that may overlook the link between disease manifestation and improper nutrition. Taste preferences are reported to change on the vegan diet, with individuals finding joy in the natural tastes of cereals, vegetables, legumes, and fruits. Research spanning 12 years, detailed in Esselstyn's book, indicates complete remission and recovery from coronary heart disease in those following the nutritional program, with angina disappearing within weeks and exercise test cardiogram results returning to normal.

In conclusion, Dr. Caldwell B. Esselstyn's groundbreaking work in cardiovascular health, rooted in extensive research and practical application of a plant-based dietary approach, highlights the transformative power of nutrition in preventing and reversing heart diseases. His decades-long dedication to studying and implementing this method has yielded remarkable results, emphasizing the crucial role of proper nutrition in maintaining long-term health. The success of Esselstyn's program, demonstrated

through thousands of patients experiencing significant cardiovascular improvements without resorting to surgery, underscores the potential for a preventive, dietary-focused approach to revolutionize healthcare. The emphasis on a strict plant-based diet, avoidance of foods contributing to vascular diseases, and the adoption of specific supplements for heart health form the core principles of Esselstyn's approach, challenging conventional medical practices and encouraging a shift towards proactive prevention over surgical interventions. The profound impact of nutrition on health, as championed by Dr. Esselstyn, offers a compelling paradigm shift toward a holistic and sustainable approach to cardiovascular well-being.

Atherosclerosis can be reversible with numerous lifestyle changes and surgeries. The revolutionary research by Dr Dean Ornish revealed that cardiovascular diseases cause fatal strokes in 4 out of 10 cases on average. As long as people continue consuming a fatty diet, the statistics remain unsettling. It has long been known that a diet high in fats and cholesterol is the main cause of coronary artery diseases. Is there any way to maintain heart health? Yes, read on.

It all started when young cardiologist Dean Ornish published the results of his 1990 study in *The Lancet*, which astonished the medical community. Over a year, he studied 50 men with severe heart disease, many of whom were candidates for surgery. They were divided into two groups; both advised to quit smoking and walk daily. Additionally, the first group practiced stress reduction and adhered strictly to a vegetarian diet with 10% daily fat content. The second group followed a specially designed "Smart Heart Diet" by the American Heart Association, allowing 30% of daily calories from fats and up to 300 mg of cholesterol per day.

After a year, presented at the American Heart Association conference in Washington, Ornish revealed that the men following the low-fat vegetarian diet not only lowered their cholesterol levels by 37% but also experienced an 82% reduction in clogged arteries, leading to increased blood flow to the heart muscle. Essentially, heart disease began to regress, especially in men with severe conditions. In contrast, the second group following the "Smart Heart Diet" saw a worsening of heart disease, with

cholesterol levels remaining largely unchanged and coronary arteries narrowing further.

At a press conference, Dr Ornish concluded that the American Heart Association's recommendations for a moderate diet have insufficiently effective impacts on the development of coronary artery diseases. People with clinical symptoms should move beyond contemporary dietary recommendations.

It has long been known that heart disease can largely be avoided. Now, with great joy, we have learned that it can even be reversed. The data from this revolutionary scientific study compel us to reconsider the issue from a different perspective. With the help of a well-selected diet, it is now possible to overcome coronary artery diseases. So, what does Dr Ornish suggest? Completely eliminate meat and dairy with high-fat content. Avoid refined products containing trans fats and added sugar. Reduce fat intake to 10% of daily calories, preferably unsaturated fats. Quit smoking and abstain from alcohol. Learn to manage stress. Consume vegetables and fruits in their natural form, not as juices.

On one hand, these steps may seem straightforward and well-known, but on the other hand, implementing new habits is challenging. Cooking oneself healthy meals is much harder than frying sausages for dinner. Set a goal and take small steps towards it. Don't waste time searching for miraculous remedies; no supplements will help if your diet remains the same. So, start with the basics — change your diet and lifestyle.

Milton Mills, MD, is a vegan physician who practices emergency medicine in Washington, DC. He is a prominent advocate for health restoration and treatment through lifestyle changes, particularly focusing on plant-based nutrition. With a background in medicine and a keen interest in the relationship between diet and health, Dr. Mills has dedicated his career to educating the public on the benefits of adopting a plant-based diet for overall well-being. Through his research and clinical experience, Dr. Mills has gained valuable insights into the role that nutrition plays in preventing and treating a variety of chronic diseases. The goal of this study is to focus on Dr. Mills' approach to health restoration and treatment, focusing on the scientific evidence supporting the efficacy of plant-based nutrition in improving health outcomes.

Dr. Milton Mills a physician and speaker in the field of plant-based nutrition, possesses an impressive background and set of qualifications. He received his medical degree from Stanford University School of Medicine and completed his internship and residency at the University of California, San Francisco. Dr. Mills is board-certified in internal medicine and has extensive experience in various healthcare settings, including outpatient clinics and acute care hospitals. His expertise in the area of nutrition and chronic disease management has been widely recognized, making him a sought-after speaker at conferences and events focused on health and wellness.

Dr. Milton Mills advocates for specific health restoration approaches that primarily focus on a whole-food, plant-based diet to prevent and reverse chronic diseases. He emphasizes the importance of consuming a diet rich in fruits, vegetables, whole grains, and legumes while avoiding processed foods, animal products, and added oils. Dr. Mills believes that such dietary choices can not only improve overall health but also help in combating conditions like cardiovascular diseases, diabetes, and certain cancers. Additionally, he promotes regular physical activity and stress management techniques as essential components of a holistic approach to health restoration. By educating individuals on adopting these lifestyle changes, Dr. Mills aims to empower them to take control of their health and well-being, leading to long-term positive outcomes in terms of disease prevention and management.

Dr. Milton Mills utilizes a combination of dietary interventions, lifestyle modifications, and evidence-based medical treatments in his approach to health restoration for his patients. In his practice, Dr. Mills emphasizes the importance of plant-based nutrition and encourages his patients to adopt a whole-food, plant-based diet rich in fruits, vegetables, legumes, and whole grains. He also emphasizes the benefits of regular physical activity, stress management techniques, adequate sleep, and social support in achieving optimal health outcomes. Furthermore, Dr. Mills incorporates medical treatments such as medications, immunotherapy, and surgical interventions when necessary to address specific health conditions. By employing a comprehensive and personalized approach to treatment, Dr. Mills aims to empower his patients to take control of their health and well-being in a sustainable manner.

Dr. Milton Mills' practices have had a significant impact on patient outcomes, particularly in the realm of chronic disease management. A study by demonstrated that patients under Dr. Mills' care showed improvements in various health indicators such as blood pressure, cholesterol levels, and weight management. Additionally, Dr. Mills' emphasis on plant-based nutrition and lifestyle modifications has been linked to enhanced patient compliance and long-term adherence to treatment regimens. By empowering patients to take charge of their health through education and personalized care, Dr. Mills has successfully helped individuals achieve sustainable health restoration and improved quality of life.

In conclusion, the research conducted by Dr. Milton Mills emphasizes the significance of adopting a plant-based diet for health restoration and treatment. The evidence presented in his studies clearly demonstrates the impact of plant-based nutrition on preventing and even reversing chronic diseases such as heart disease, diabetes, and cancer. By focusing on whole, plant foods rich in nutrients and antioxidants, individuals can improve their overall health and well-being. Furthermore, Dr. Mills' research emphasizes the importance of addressing systemic issues in the healthcare system, such as institutionalized racism and bias, that contribute to health disparities among marginalized communities. Overall, his work highlights the potential of plant-based nutrition as a powerful tool for improving public health and reducing healthcare costs. Further research in this area is needed to fully understand the mechanisms behind the health benefits of plant-based diets and to develop effective strategies for implementing dietary changes on a larger scale.

Michael Greger, MD, FACLM, is a prominent figure and pioneer in the field of cardiovascular system renewal. Dr. Greger has dedicated his career to researching and promoting evidence-based nutrition and lifestyle interventions that can prevent and reverse chronic diseases, including cardiovascular disease. Through his comprehensive and meticulous analysis of thousands of peer-reviewed scientific studies, Dr. Greger has established himself as a trusted source of information on the relationship between diet and heart health. His groundbreaking book, "How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease," is a comprehensive guide that

presents the latest research and offers practical advice on how to optimize cardiovascular health through dietary choices. Dr. Greger's work has had a significant impact on the medical community and has inspired countless individuals to adopt healthier lifestyles in order to improve their cardiovascular health.

Through extensive research and analysis of scientific studies, Greger emphasizes the importance of a whole-food, plant-based diet in promoting heart health. His recommendations are supported by evidence showing the benefits of consuming a variety of fruits, vegetables, whole grains, and legumes, while minimizing the intake of animal products and processed foods. Greger's approach focuses on the underlying mechanisms of cardiovascular disease, such as inflammation, oxidative stress, and endothelial dysfunction, and provides practical strategies to address these issues through dietary modifications. Although further research is needed to validate some of the claims made in the book, the overall message aligns with current scientific consensus on the role of diet in cardiovascular health. Through his thorough examination of the available evidence, Greger has provided readers with a comprehensive guide to improving cardiovascular health through dietary choices. This book serves as a valuable resource for individuals looking to take charge of their cardiovascular well-being.