

Rationale For Carvasol™

The continuous flow of blood to and from organs and tissues is critical. If there is sudden failure, such as with a massive heart attack or stroke, life can end immediately. On the other hand, if the cardiovascular system is weakened and does not function to its optimal capacity, debilitating, chronic disease can rob us of the fullness of life.

In spite of current popular beliefs, caring for the cardiovascular system in a responsible manner is not as easy as simply jogging, watching cholesterol and calories, having medical checkups and taking medications. Safeguarding and strengthening the health of the cardiovascular system begins with knowledge of fundamental cause-effect relationships.

Until we realize that disease of the cardiovascular system – the effect – is a direct result of how we conduct and care for our own lives – the cause – there is no hope of resolving the fundamental problem. Failure of this body system is not simply “one of those things” that happens to us so that we must surrender ourselves to a medical care system. Not only can cardiovascular diseases be prevented, they can be reversed by nutritional supplementation.

Our Proper Genetic Place

Humans and animals are genetically adapted to a dramatically different world than we have surrounded ourselves with today. We are genetically suited to fresh air, sunshine, and clean water. If we still lived under the conditions we’re designed for, we would be consuming only natural foods exactly as they are found in nature. Our modern, synthetic world has in effect placed us in a strange new environment of sedentary living, relentless stress, fluorescent light, conditioned air, sanitized, polluted water and fabricated, additive-laden foods.

When we venture into space or go to the Moon, we know enough to take along our Earth environment within the space craft and within the space suits. Unfortunately, although we have in effect created a new planet for ourselves, we have not brought along with us the natural world within which we spent eons developing and adapting.

Modern Food Dangers

Adverse changes in our diet began with the Agricultural Age about 10,000 years ago, but greatly escalated with the Industrial Revolution, beginning about 200 years ago. Not only have our diets changed (for the worse other than the blessings of food purity and distribution), but propaganda coming from esteemed scientific, medical and nutritional sources would have us believe that these changes are an improvement. For example, breads and cereals are called “fortified” because

CARVASOL™

Nutrient Support Formula

W Y S O N G

PURPOSE:

To supply natural nutrients to support the health of the peripheral, cerebral and coronary blood vessels, heart muscle, and blood lipids.

INGREDIENTS:

Natural Phytonutrient Extracts and Concentrates of Bilberry, Cayenne Pepper, Hawthorne Berry, Garlic (odorless), and Ginkgo biloba; Amino Acids (L-Proline, L-Lysine, L-Arginine, L-Cysteine); L-Carnitine, Coenzyme Q-10, Inositol.

- Contains no additives -

DIRECTIONS:

Suggested Dosage: 2 capsules, three times daily. Carvasol™ is best assimilated if swallowed with meals. For best results, Carvasol should be used as part of the Wysong Optimal Health Program™ for best results.

For long-term usage discontinue dose two days out of every week and five successive days every month to decrease the potential for intolerance developing.



the nutrient-stripped starting materials have had synthetic vitamins added to them. The “bad” saturated fat and cholesterol in butter has been “corrected” by creating vegetable oils that are synthetically modified by hydrogenation. Essentially all meals are cooked and all modern packaged products have likewise been heated and processed in a variety of ways that change the original nature of the starting ingredients.

Considering the various nutritional approaches to cardiovascular health, keep in mind that these fundamental problems lie at the root of disease. Our departure from our natural world is the ultimate cause of disease. Until we correct or at least improve that, we cannot hope to achieve the full health we are genetically capable of attaining.

Supplementation Necessary

Carvasol™ is a nutritional supplement designed to help restore natural balances. But its use should be coupled with other lifestyle changes that can help optimize total health. These various lifestyle changes for both humans and animals are discussed in the Wysong Optimal Health Program.

Unfortunately, just changing one’s living and eating patterns may be “too little, too late.” A lifetime of abuse coupled with nutritional deficiency and imbalance may require specific supplementation to help jump-start the healing process. In many cases, in fact, it has been demonstrated by scientific research and clinical studies that merely providing minimal nutritional requirements for certain nutrients will not markedly affect a progressing disease condition, whereas mega dosages will.

For example, while the minimum RDA requirement is 60 mg for vitamin C, the amount needed to reverse cardiovascular conditions is hundreds or even thousands of milligrams daily.

Similarly, the minimum RDA for vitamin E is 30 IUs, whereas research demonstrates that hundreds of IUs may be necessary to create beneficial change.

Heart Disease

There are two primary degenerative problems that occur in the heart. One is a result of the development of atherosclerosis, a tumorlike process that grows within the lining of the blood vessels, eventually restricting flow until the heart muscle fed by the blocked blood vessel (coronary artery) is in effect strangled and dies. The result can be a sudden major heart attack, or minor heart attacks with angina pain or arrhythmias (irregular heart beats) as a result of disrupting the electrical system within the heart muscle. This is classic coronary disease in humans and it is responsible for almost 50% of all deaths. This does not even address the loss of vitality, the debilitation, pain and suffering of those who survive with lingering coronary illness. Coronary disease is somewhat unique to humans and a few other species.

Most animals do not experience atherosclerotic coronary heart disease. Instead, domesticated pet animals, for example, suffer disease in which the heart muscle loses its strength, becoming flaccid and incapable of properly maintaining blood pressure throughout the body. Humans as well can experience this condition, and it is known as congestive heart failure and dilated cardiomyopathy. The heart grows in size in an attempt to compensate for its weakness, but is unsuccessful. The resulting lack of pumping strength ultimately causes kidney failure, as well as the accumulation of fluid in body cavities, tissues, and in the lungs. Conventional treatment for this condition uses pharmaceuticals in an attempt to force the heart to beat more

strongly (like whipping a starving slave), and diuretics to help remove the excess fluid (which also flush from the body vitamins which are likely at already deficient levels). This treatment approach condemns the patient to a downward medically-dependent spiral, ending in death.

Heart Disease – A Nutritional Disease

There is every reason to believe that cardiomyopathy, heart attacks, strokes, and peripheral vascular (blood vessels outside of the heart) failure are not diseases, but rather nutritional deficiencies. This is not to say that some individuals are not more genetically inclined to these deficiencies than others, but reversing cardiovascular degeneration can indeed result from diet and supplements.

I must mention here that given adequate and varied food sources, neither man nor animal would suffer from such nutritional diseases if the diet consisted of those foods which could be eaten and digested raw, exactly as they are found in nature. When you survey these food options you will discover that they are reduced to fruits, vegetables, nuts, meats, eggs, and dairy.

Given that many people and most pets fed processed foods may go weeks, months or even years without ever eating anything that is raw and natural, one can see how far we have departed from the diet we were meant to eat. Couple this with the advice of expert nutritionists – who have devised food pyramids which either include these natural foods as minor entrees or even proscribe them and in their place recommend processed products. It is easy to see why an entire population has become susceptible to not only cardiovascular disease,

CORONARY ANGIOGRAPHIC PROOF

Study Group with Atherosclerosis

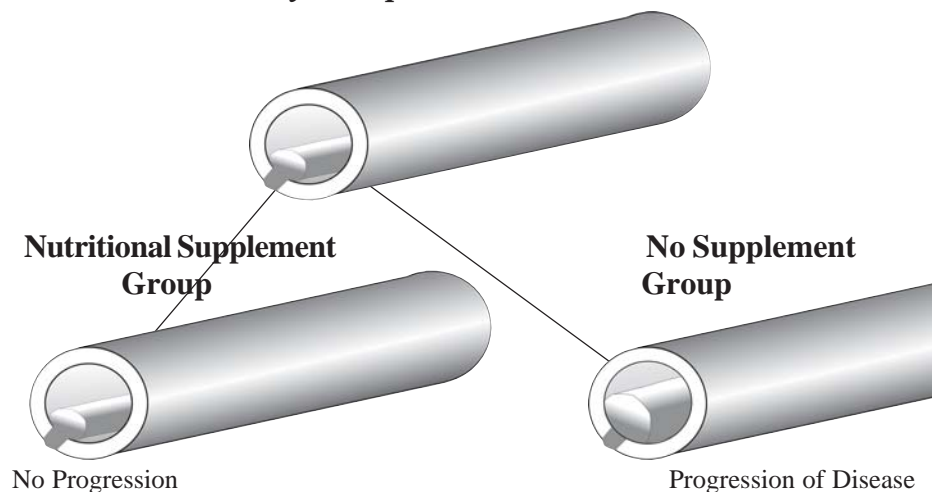


Figure 1. Graphic representation of serial coronary angiographic evidence that antioxidant vitamin intake reduces progression of coronary artery atherosclerosis. (JAMA, June 21, 1995–Vol. 273, No. 23 p.1849-1854.)

but a whole host of other nutritionally-related degenerative conditions.

Although most people are not inclined to eat, for example, raw meat, one cannot deny the compelling logic that this is what our organism is adapted to consume. Raised on confections, sugar, processed cereals, breads, pastas, and other canned, puffed, dehydrated concoctions, I believe my tastes and my metabolism have become perverted over time. If raised on natural raw foods, I would likely now crave them.

Proof of this can be seen in pets which may reject raw meats and organs as adults if they have not been weaned onto them as infants. An obligate carnivore such as the cat may actually reject raw meats in favor of packaged products containing heat-processed, synthetically fortified, grain-based diets.

Obviously, tastes and cravings can become perverted, so making a judgment purely on taste after a lifetime of indiscretion is not a true measure of

what is correct to eat. Observing a child's revulsion at seeing on television an African tribe which drinks a cow blood/milk mixture as a staple diet, underscores the realization that preferred food is what we become accustomed to and not necessarily what is best for us.

Latency

Given this perversion of our modern tastes and the fact that disease has been incubating in most of our bodies for a lifetime, supplementation of nutrients to correct deficiencies and imbalances becomes extremely important. Lest one think that because they are apparently healthy that these diseases are not smoldering within them, consider the post-mortem studies of Korean War and Vietnamese War soldiers. Autopsies were performed on young, apparently healthy American men in their late teens and early 20's who had been killed in conflict. The findings showed that virtually all of these apparently healthy soldiers had developing atherosclerotic disease in their hearts.

Thus it is important to understand that apparent health is not a measure of true health. The body is extremely resilient and adaptable and will call upon reserves to maintain homeostasis (metabolic balance). When these reserves are exhausted, however, disease accelerates and symptoms appear. But manifest disease may only appear decades after the inciting causes were initiated. In the case of cardiovascular disease, it begins in infancy when children are fed milk from malnourished mothers – or even worse, suckled on processed formulas. They are then introduced to a variety of processed foods, snacks, pops, candies, sugars, hydrogenated oils, refined salts... which dietary form continues on into adulthood. Then, when adaptation fails and body reserves are exhausted and disease strikes decades later, the victim concludes – with the consent of physicians who do not know better themselves – that this is “just one of those things” and the only hope is medication, angiography, angioplasty, bypass surgery and heart transplants.

Why Atherosclerosis is Unique to Humans

Before discussing the various nutritional elements that have been built into Carvasol, let's briefly discuss the theoretical basis for why humans are somewhat uniquely susceptible to atherosclerosis (coronary artery disease).

The integrity of connective tissues throughout the body, including those surrounding blood vessels, is dependent upon an important connective tissue protein called collagen. This protein can only be properly synthesized in the presence of adequate amounts of vitamin C. (With insufficient vitamin C, collagen is insufficiently hydroxylated, resulting in a lower melting point–higher fragility.) If vitamin C is deficient, collagen is damaged and

weakened, resulting in the loss of connective tissue integrity. If the deficiency is significant enough, a disease known as scurvy results. This is characterized by the breakdown of blood vessels within tissues throughout the body – resulting in hemorrhage underneath the skin, in the mouth, and throughout the body. In the coronary arteries, which are subject to extreme stresses from the continued pumping of the heart muscle, there can be hemorrhage, clotting and heart attacks.

But vitamin C deficiency is not just a yes or no situation. There are all grades of deficiency. Minor deficiency of vitamin C can result in loss of blood vessel integrity, particularly in those blood vessels subject to severe mechanical stresses in the heart. When this occurs, the body tries to heal these blood vessels by depositing various inflammatory materials such as LP(a) cholesterol and clotting agents.

For humans, vitamin C is an essential nutrient. Without it we die. If we don't obtain sufficient amounts of it, we suffer from degenerative diseases as a result of the loss of connective tissue integrity.

Why would this be an essential nutrient for humans, whereas most all other animals manufacture plenty of it within their own bodies for their own needs?

It is theorized that human vitamin C dietary dependence is a result of a genetic mutation that occurred at some time in the past. After this mutation occurred and humans then went through time periods during which vitamin C-available foods were lacking, such as during the Ice Ages, only those individuals who had the ability to repair the damage that was occurring as a result of vitamin C deficiency were able to survive. But the repair was accomplished by means of laying down atherosclerotic plaque to plug the leaks. Thus, those individuals most capable of producing atherosclerosis were the most likely to survive. They then passed on this characteristic to their offspring, whereas those individuals who were not able to repair their blood vessels died of scurvy. We today are the descendants of those who were able to survive these periods of vitamin C deficiency by having this enhanced ability to repair blood vessel walls by depositing atherosclerotic materials such as LP(a).

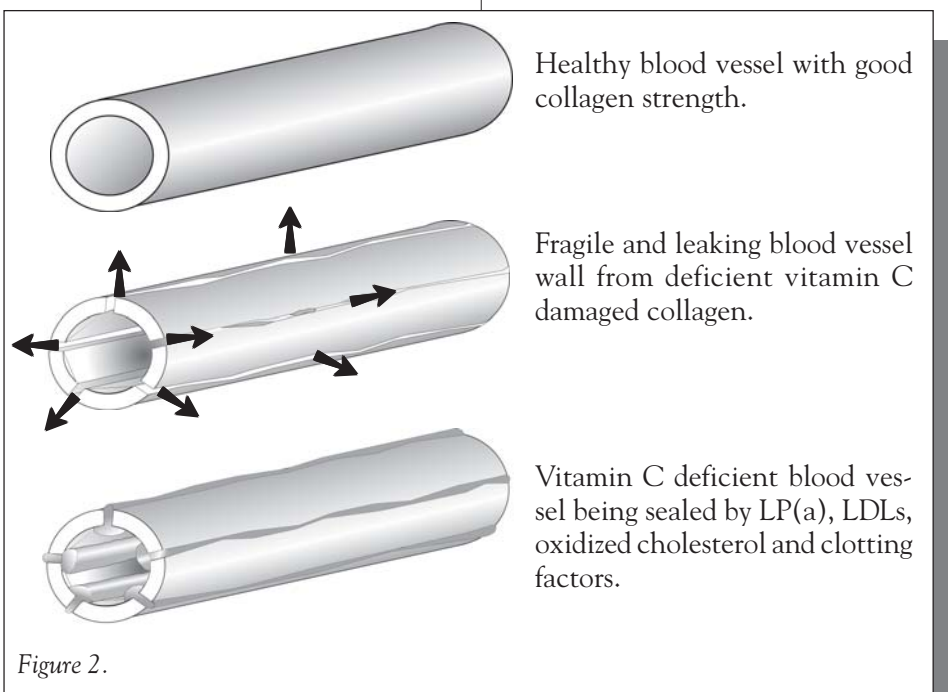
Today when people do not consume enough vitamin C as a result of eating primarily vitamin-impoverished and nutrient-depleted processed foods, as well as embarking on life choices such as drinking, smoking, polluted environments and high stress occupations, small micro tears occur in the coronary vessels as a result of poor collagen health. Atherosclerotic plaques are then laid down as a survival mechanism. Unfortunately, these atherosclerotic plaques can grow and develop in size until they themselves, although originally intended as a survival mechanism, become the causative agent in coronary artery disease, stroke, and peripheral vascular disease.

CARVASOL™

What follows is a brief description of the rationale for the various ingredients in Carvasol™ and for other recommendations to foster health and healing of the cardiovascular system. These descriptions will be brief for the purposes of this short monograph, but the reader is invited to review the extensive research which has been used to develop Carvasol by referring to scientific references on Carvasol page 7.

AMINO ACIDS

The amino acids lysine, proline, carnitine, arginine, cysteine, and taurine can easily be deficient in modern processed foods. Most amino acids can exist in two forms, either the d- or the l-form. When processed under heat, amino acids can racemize, rendering half of them in the d-form (unavailable to the body). Supplementation of Carvasol amino acids in the active l-form has been shown not only to prevent the deposition of LP(a), but cause its removal, as well as to strengthen heart muscle, decrease arrhythmias, dilate coronary blood vessels, release entrapped fat from blood vessel walls, and help restore damaged or deficient collagen.



COENZYME Q-10

Coenzyme Q-10 is extremely important for energy metabolism within cardiac cells. It is an essential agent in electron transport in the mitochondria of cardiac cells. Coenzyme Q-10 can help prevent and reverse cardiomyopathy, hypertension and atherosclerosis. Individuals who are on cholesterol-lowering drugs (HMG coenzyme A reductase inhibitor class), increase cardiovascular risk because these drugs interfere with coenzyme Q-10 synthesis.

FLAVONOIDS

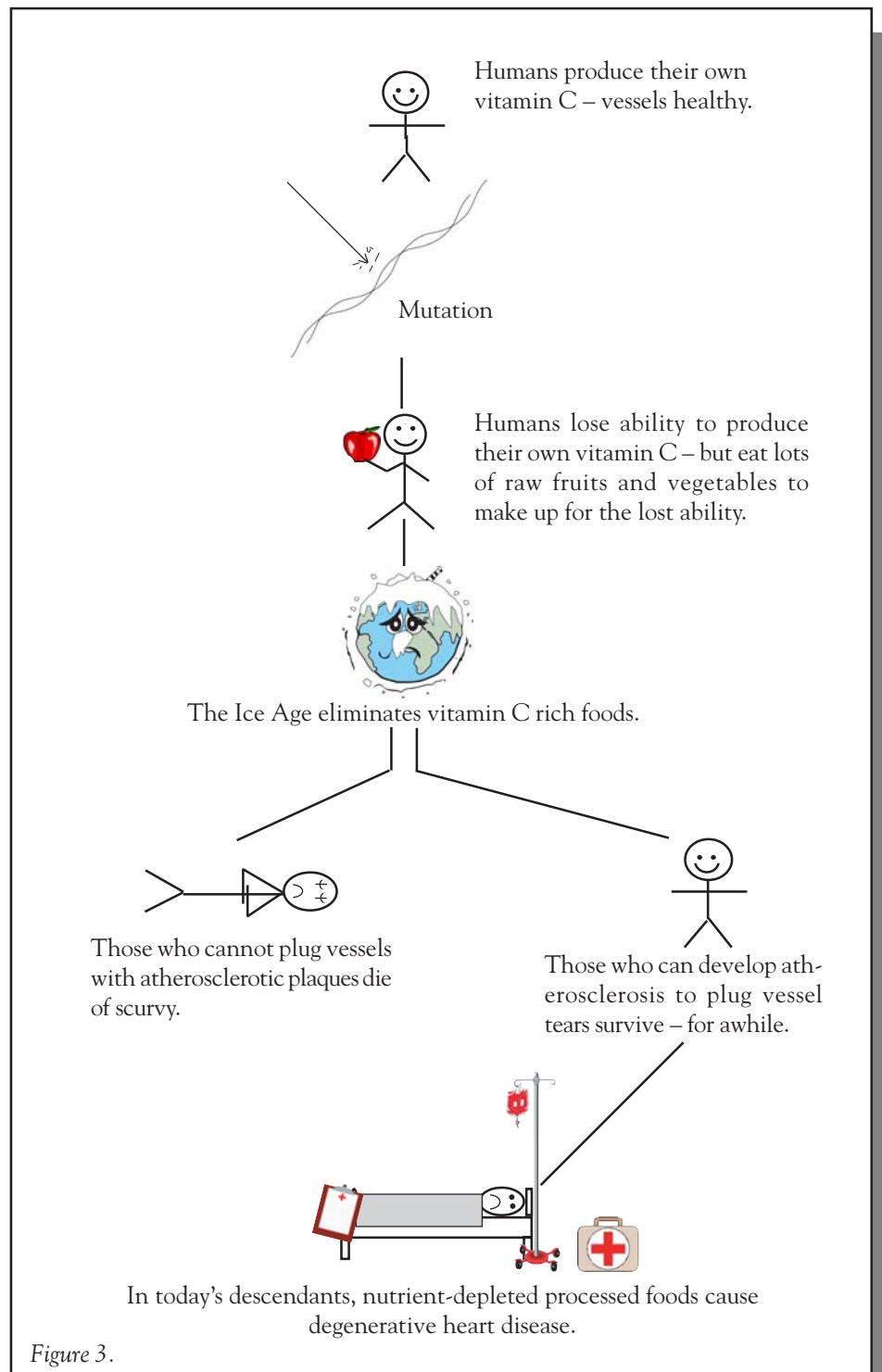
Oligomeric procyanidins such as quercetin, vitexin, hyperoside and hesperidin have the ability to strengthen blood vessel walls and protect the integrity of collagen. These flavonoids – which are particularly abundant, for example, in bilberry and hawthorne – can increase the strength of the heart's contractions (also potentiates digitalis), exert antioxidant effects, and inhibit angiotensin converting enzyme (ACE) which is a potent blood vessel constrictor. They additionally prevent cardiac spasms and decrease the size of atherosclerotic plaques.

HERBS

Ginkgo biloba, garlic and cayenne have been demonstrated to exert beneficial effects on the heart, coronary vessels and vascular system. They are particularly effective in stimulating the blood flow to under-supplied areas such as those distal to atherosclerosis in the heart or in the peripheries. In addition, they exert antioxidant effects.

COMPLEMENTARY SUPPLEMENTS

The following supplements should be taken in conjunction with Carvasol for best effectiveness.



WYSONG OPTIMAL™ ORGAMIN™ AND CHELAMIN™

A spectrum of vitamins and minerals formulated at optimal levels:

B Vitamins - B vitamins are easily destroyed or altered by modern processing methods and most diets are deficient. Additionally, many of the B vitamins have been shown to exert a specific beneficial effect in cardiovas-

cular disease. B-complex exerts the following nutritional benefits:

1. Reduces homocysteine, a risk factor for heart attacks. (Homocysteine is a by-product of methionine metabolism.) To convert homocysteine to harmless cystathionine requires B vitamins to activate the enzyme cystathionine synthase.

2. Inhibits platelet activation and reduces coagulation to help prevent blood clot formation.
3. Decreases LP(a), a lipoprotein directly related to atherosclerosis, and improves blood lipid profiles.
4. Directly reduces cardiovascular risks in study populations.

Although converting the diet to its more natural, raw, whole state will increase dietary levels of these B vitamins, additional supplementation creates insurance without any significant risk.

Minerals - A spectrum of chelated minerals benefits cardiovascular health. Magnesium, for example, can decrease blood pressure, stop arrhythmias and relax coronary and cerebral blood vessels to counteract spasms. Zinc, manganese, copper (the heart is particularly susceptible to copper deficiency) and selenium are important as antioxidant minerals to prevent the oxidation of fats which can be incorporated into atherosclerotic plaque and promote inflammation and atherosclerosis progression.

Wysong Essential Fatty Acids

The modern diet is particularly deficient in unaltered essential fatty acids of the omega-3 class, and to a lesser extent the -6 and -9 classes. Emphasis on modern agricultural products and processed foods has altered the balance of these fatty acids such that the majority of oils now consumed are proinflammatory, which stimulates the development of atherosclerosis and heart muscle degenerative conditions. Wysong EFA™ and Marine Lipids™ capsules are designed to help restore proper fatty acid balances and bring the benefit of immune regulation, blood thinning anti-clotting factors and inflammatory modulation.

Wysong Antioxidants

- Oxidized fats and oxidized cholesterol are the culprits in heart disease, not LDL cholesterol and fats *per se*.

Regarding the myth that cholesterol and saturated fats cause heart disease, consider the following:

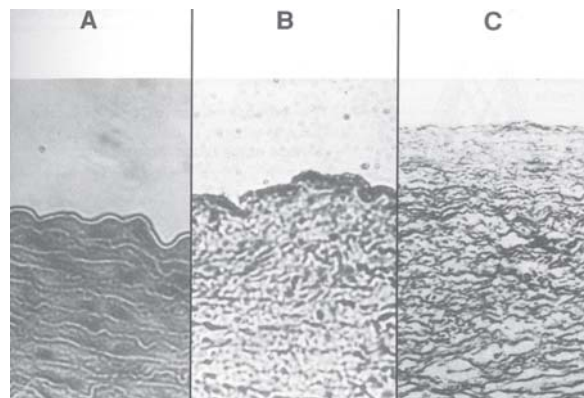
1. Cholesterol and saturated fats as a part of whole, raw, natural products have always been a part of human and carnivore diets. If they were toxic, we would not exist now.
2. Saturated fat is essentially inert except as a dense source of calories.
3. On the other hand, unsaturated, hydrogenated or oxidized fats are highly toxic and atherogenic.
4. Atheromas, the buildup of clogging material within arteries, are primarily (74%) unsaturated fats (of vegetables origin), not saturated fats (from animal origin).
5. If cholesterol is totally eliminated from the diet, the body still makes cholesterol anyway as an extremely important metabolic compound (*i.e.* serving as starting material for many hormones).
6. Oxidized cholesterol – as occurs when natural foods are processed and exposed to heat, light, oxygen and time – is highly toxic and atherogenic. Animal studies “proving” that cholesterol causes heart disease require that the cholesterol be in an unnatural, oxidized state.
7. Heart disease was practically unheard of prior to about 1920.

8. From the period of 1920 to the 1960's there was a rapid rise in heart disease.
9. The above time frame corresponded with a decrease in consumption of animal fats and an increased consumption of unsaturated vegetable fats such as in cooking oils, margarines, and hydrogenated fats, in combination with myriad processed, packaged foods.

Lipids (fats, oils, cholesterol) in raw, whole, natural foods are nutritious and beneficial. Once exposed to air, light, heat, certain minerals and other oxidants, lipids oxidize, becoming dangerous toxins.

Antioxidants are nutrients which prevent this oxidation. Wysong Spectrox™ and Mega C™ are antioxidant formulas containing the most important and thoroughly researched antioxidant nutrients including vitamins A (beta carotene), C and E. In Spectrox the three are combined to

VITAMIN C DEFICIENCY IS THE PRIMARY CAUSE OF CARDIOVASCULAR DISEASE – THE PROOF –



Eradicating Heart Disease, Matthias Rath, M.D., 1993, Health Now Publishing.

- A. High vitamin C blood vessel wall.
- B. Low vitamin C blood vessel wall - note breaks and disruption of tissue.
- C. Blood vessel wall with atherosclerosis showing the same disorganization as in B.

Figure 4.

provide optimal levels of A, C and E plus a spectrum of flavonoids and lipoic acid which have also demonstrated effectiveness in preventing and treating cardiovascular disease.

Mega C is a vitamin C only (plus flavonoids and other polyphenolics) formula, which permits extra supplementation in mega-dose form for those desiring increased levels of this important antioxidant, collagen-sparing and

vascular health-enhancing nutrient. (A thorough discussion of the benefits of proper dietary fats in preventing and reversing cardiovascular disease can be found in *Lipid Nutrition - Understanding Fats and Oils in Health and Disease.*)

Wysong Contifin™

This Nutrient Support Formula helps restore and strengthen the connective tissue collagen and proteoglycans in

blood vessel walls. Connective tissue nutrients have been shown in clinical studies to significantly reduce mortality in heart disease patients. (See Contifin™ monograph for further details.)

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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