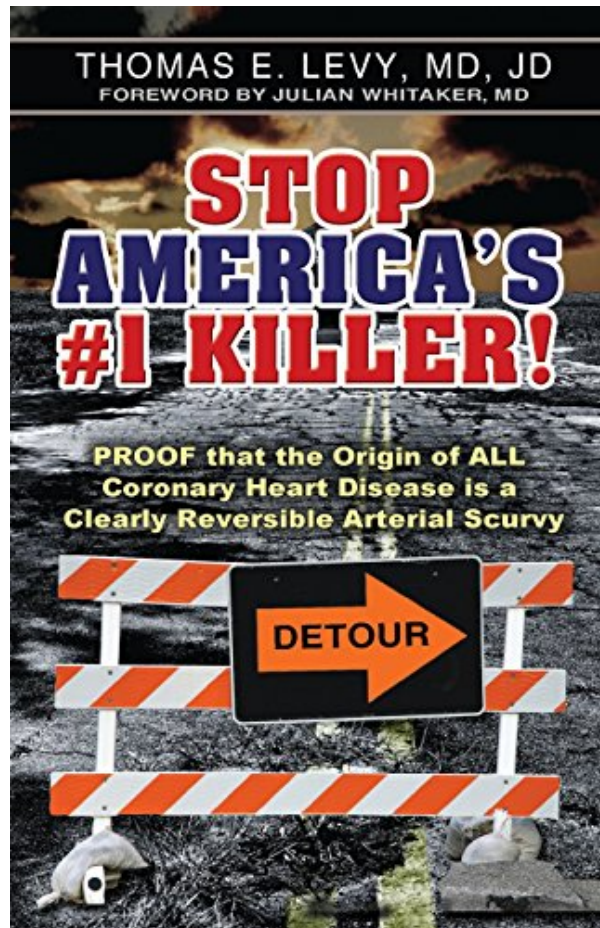


# STOP AMERICA'S #1 KILLER BY MD JD LEVY



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THOMAS E. LEVY, MD, JD  
FOREWORD BY JULIAN WHITAKER, MD

# STOP AMERICA'S #1 KILLER!

**PROOF** that the Origin of ALL  
Coronary Heart Disease is a  
Clearly Reversible Arterial Scurvy



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### About the Author

Thomas E. Levy, MD, JD is a board-certified cardiologist and the author of *Primal Panacea* and *Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins*; plus three other groundbreaking medical books. He is one of the world's leading vitamin C experts and frequently lectures to medical professionals all over the globe about the proper role of vitamin C and antioxidants in the treatment of a host of medical conditions and diseases.

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# STOP AMERICA'S #1 KILLER BY MD JD LEVY PDF

In a very simple and inexpensive 3-pronged approach, you'll learn how to prevent and even reverse the arterial blockages that cause millions of heart attacks and send droves of Americans to the operating room for open heart surgery.

Coronary Heart Disease is Arterial Scurvy. In the next 24 hours, over 2,500 Americans will die from Coronary Heart Disease (CHD). The financial impact of CHD during that same 24 hours will approach \$5,500,000. Based on government health statistics, over 25 million Americans are currently diagnosed with CHD and during the next 12 months over 600,000 of us will die from this disease. STOP AMERICA'S #1 KILLER! provides overwhelming evidence — including over 650 scientific references — that some conditions which we now consider as risk factors for CHD:

- all start with the depletion of arterial vitamin C levels (arterial scurvy) and
- are often just the body's way of compensating for the weakness in arterial walls caused by arterial scurvy.

This book also offers a protocol for preventing and reversing the arterial blockages that cause heart attacks.

You'll also get answers to these and other questions:

- How can cholesterol levels that are too low actually increase your risk for other debilitating and life-threatening diseases?
- How can traditional dental procedures start a continuing process that destroys your heart and coronary arteries?
- What's the important link between vitamin C, triglycerides and HDL?
- What should high levels of lipoprotein(a) tell your heart doctor?
- Which amino acid, coupled with vitamin C, stops anginal pain?
- Which hormone transports vitamin C into arterial cells and what factors impede the hormone's production?
- How are histamine and anti-histamine levels in the blood related to arterial plaque?
- What is the surprising relationship of vitamin C and calcium that impacts heart health and osteoporosis?
- How is periodontal health directly related to heart health?
- What minerals (found in many supplements) can dramatically increase your chance of heart attack and risk of cancer?
- Which season of the year produces the highest number of heart attacks, why, and how can you counteract the affect?
- How can the way you eat your food have as much of an impact on heart health as what you eat?
- What foods should you avoid and why? (Hint: It's a very short list and not like any you have ever seen — you will probably be shocked by the foods that aren't on the list).
- and many more.

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45 of 45 people found the following review helpful.

Excellent

By Roger D. Olson

I found the book most interesting and informative. At the end of the book it provided the source of the research that the author used to make his decisions or comments. This makes the information more valid and not simply an opinion. The solution the author provides is a bit radical and perhaps unrealistic to achieve for many. However, he mentioned this and provided an alternative. There are few books of this type that the author will provide his email address for comments and results of those who follow his suggestions.

49 of 50 people found the following review helpful.

Crucial information

By Big Bad Bob

I have read two other books by Dr. Levy - "Optimal Nutrition for Optimal Health" and "Curing the Incurable." Both books are just as crucial as this book for a true understanding of vitamin C as well as all vitamins and minerals in general as they affect the human body. After following Dr. Levy's advice laid out in "Optimal Nutrition for Optimal Health," my health has done an amazing turn for the better. I will be adding some of the supplements talked about in this book, like L-Arginine, L-Lysine, and L-Proline to my diet, along with the high dose vitamin C that I have been taking for about a month now, to ensure that I have the best chance of reversing the damage already done to my arteries. The Lypo-Spheric vitamin C from LivOn Labs, that Dr. Levy recommends, has done wonders for my health and bloodwork. I will be adding the Lypo-Spheric GSH (Glutathione) and Lypo-Spheric AGE Blocker from LivOn Labs to my diet as well. Be sure to check out the free video interviews [...] There is a link at the bottom of the video page that takes you to many more great video interviews with Dr. Tom Levy. Do yourself a great big favor, and watch them all.

23 of 23 people found the following review helpful.

Dr. Levy's Book Helped to Cure me of Coronary Atherosclerosis

By Fred Pauser

In 2013 (at age 71) I experienced intermittent chest pain for months. In December of that year I saw a cardiologist who did a series of tests which indicated "multiple coronary ischemia," atherosclerosis, and an abnormal electrocardiogram. He summed it up by saying, "You are right on the verge of a heart attack." We made an appointment for me to go into the hospital in a few days for either stents or by-pass surgery (which option to be determined in the hospital with one more test).

I went home and began researching information about alternatives to stents/by-pass. Meanwhile I ate only salads for two days and quit coffee. (Coffee seemed to intensify the chest pain). Just those simple changes helped me to feel a little better. The internet seemed to suggest viable alternatives, so I took a chance and cancelled the hospital appointment. Eventually, after much research, I settled on Dr. Levy's approach and his protocol of nutritional supplements listed in his book, *Stop America's #1 Killer*. Of the 33 supplements recommended I took 30 (plus a few others of my own choosing). The most important supplement was (and still is) vitamin C, which I took as ascorbic acid powder mixed 2:1 with sodium bicarbonate to make sodium ascorbate. This I took in 3 doses daily adding up to a total of 10-12 grams/day. Also important: L-lysine and L-proline and a lot of magnesium (as magnesium glycinate). And very importantly, I STOPPED taking a calcium supplement (which I had been taking for years).

In regard to diet, I avoided milk per Dr. Levy's advice (and avoided all dairy products). And I avoided processed sugar and processed foods in general. No wheat products (gluten) and no soy. Minimal fruit (one grapefruit and one apple per day). On the plus side, lots of vegies both cooked and raw, sauerkraut, 3-4 eggs/day, lots of various nuts (no peanuts). For meat – only organic chicken and occasionally sardines. The only liquids were/are high-quality vegetable juice and lots of water (filtered). All food organic if available.

Exercise: In this book Dr Levy devotes only two pages to physical exercise. He conservatively suggests that exercise should help. I did him a step better on this score in that I gradually worked up to fairly intense aerobics plus weightlifting, every other day. (Also a brisk walk every morning). It happens that I tested high in lead, and moderately high in mercury and cadmium. Elsewhere Dr. Levy suggested that heavy metals can be sweated out using a sauna. (I read three of his books and listened to his video lectures). I used my exercise sessions to promote maximum sweating (instead of a sauna) by dressing in layers of sweat cloths and super-heating my bathroom where I did my weightlifting.

Dr Levy emphasizes the importance of eliminating dental toxicity. I've been lucky enough that I never had a root canal, but I had several amalgam fillings – replaced them last year with non-toxic material.

So now I'm cured!!! The evidence?

1 ~ Now (in a four-story apartment building) I can run many trips up and down the stairs, two steps at a time, at a relatively fast pace for 20 minutes straight with NO angina (no chest pain), and follow that up with 30 minutes of weightlifting. (In December 2013 relatively mild exercise caused chest pain.)

2 ~ My blood work is much improved. The last time my doc wrote across the top page, "Very Good!"

3 ~ My typical blood pressure is 100/65 and pulse 55-60.

4 ~ I'm back to drinking coffee again – three cups, no pain.

5 ~ I have more energy and feel better in general.

If that is not "cured," what is? Thank you, Dr. Levy!! (Also thanks to the late Dr. Linus Pauling, and the Vitamin C Foundation, and the internet.)

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