

Are you *really* ready to learn why *others* are

LIVING WELL PAST 50

Medical evidence
for a remarkable
treatment offering:
* more energy
* better circulation
* improved memory
* lowered blood pressure
* chest and leg pain relief
* even avoid bypass surgery

Rejuvenate Your Heart and Arteries – without surgery or daily drugs

RECLAIM your vitality lost to time and illness –
enjoy *once again* walking, gardening, traveling, playing

Featuring actual patient interviews by bestselling author
and this informative booklet John Parks Trowbridge M. D., FACAM

LIVING WELL PAST 50: Rejuvenate Your Heart and Arteries

This book-on-tape is dedicated to those
victims of heart and blood vessel diseases
who were *never told*
about choices that might have helped them
and to those who were told by friends
but they only heard and *never listened*

Written by
John Parks Trowbridge M. D., FACAM

Chief Medical Consultant, LIFE CENTER HOUSTON

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**Two 90-minute tapes and this informative booklet
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**Are you *really* ready to learn why *others* are
*LIVING WELL PAST 50?***

This book-on-tape is for YOU if you *..... really* are ready to learn how you might *reclaim* your vitality lost to time and illness
..... are *hoping* to be able once more to *enjoy* walking, gardening, traveling, playing
..... are *wondering* how to have more energy and become more active again in your life
..... want to *recapture* your earlier enthusiasm, that feeling like “being younger” again
..... might *believe* you can do something now to make a future that is brighter rather than graying
..... are *wondering* how you could feel better and do more, so you can stay independent
..... might be curious how to really reduce your risks of suffering with heart and blood vessel diseases.

The kinds of benefits that *could* be within your reach include

- ... more energy
 - ... better blood pressure
 - ... fewer chest pains
 - ... better memory
 - ... better sleep
 - ... brighter outlook
 - ... better attitude
- ...less shortness of breath
 - ... better breathing overall
 - ... better vision
 - ... more alertness
 - ... warmer feet and legs
- ... fewer leg pains
 - ... better skin color
 - ... better blood sugar control
 - ... better sex drive and performance

These and other health benefits have been reported by many of the several hundred thousand people who have received non-surgical chelation therapy treatments (pronounced “key-LAY-shun”). Many of *them* are enthusiastic again about walking, gardening, playing with grandchildren, visiting friends and family, traveling, and enjoying the later years for which they worked and planned so long. Now *YOU* can find out what worked for *them*, just by listening to this unique “book-on-tape.”

Maintaining Your Pipelines for Life

Operations – whether balloon “angioplasty” (done since the 1980s) or other “bypass” procedures (done since the 1960s) – can be lifesaving, when they are urgently needed to get blood past a severe blockage in a major blood vessel. However, surgery can be done in only

a few dozen inches of larger blood vessels – and it does nothing to correct or repair underlying problems that caused the blockage and *these* problems continue to affect the other *60,000 MILES* of blood vessels in your body. Indeed, “repeat” operations are common, because *other* arteries become blocked and even the newly opened or newly bypassed areas can become blocked again. And again.

Healing Begins with Better Blood Flow

Chelation therapy (done since the early 1950s) is a prescribed medical treatment, offered only by licensed, trained *physicians* – just the same as operations are offered only by licensed, trained *surgeons*. Chelation is used to “turn on” body repair and healing processes. This can lead to better function of body cells and organs – *AND* improved blood flow to many areas of the body. The results can be remarkable for many patients.

Chelation stimulates natural healing processes by removing toxic metals lodged in body organs, by changing your calcium balance, and by reducing "rusting" damage (so-called “free radical” injury).

Your body responds to these changes by removing the calcium that is hardening your arteries, by allowing more blood flow to your organs, by improving your function, making you more at ease.

The *Oldest* “New” Treatment for Blood Vessels

Available in America as a useful medical treatment since 1952, chelation is one of the oldest "new" ways to help a person feel dramatically better... even if doctors have said that "nothing else can be done" to help you. An undisputed fact is that chelation is the *only* medically approved method to remove poisonous toxic metals that have been collecting in your body for years, silently stealing your health over time.

But even more dramatically, chelation has often helped many patients to improve heart and blood vessel function – even beyond the results they obtained from surgery and daily drugs. Chelation has been successfully used to treat an estimated 1 million-plus patients worldwide over the past 45 years, with a remarkable safety record.

Chelation therapy has been documented to correct or improve a number of chronic or long-lasting disease problems. These include ...

- * many common heart diseases and rhythm disturbances
- * heart angina pains
- * high blood pressure
- * blood vessel disorders such as
 - arteriosclerosis (hardening of arteries), atherosclerosis (increasing blockage of the arteries by deposits called “plaque”)
 - including stroke or near-stroke
 - senile dementia

macular vision degeneration
diabetic retina eye changes
blockage in leg blood vessels
leg pains when walking
even the effects of early gangrene.

Such maladies as ...

- * diabetes
- * sexual impotence
- * osteoporosis (softening of the bones)
- * arthritis joint pains
- * even vague feelings of ill-health and lack of vitality

... have been greatly diminished for many people.

Patients have described improvements with ...

- * rheumatoid arthritis
- * unusual diseases such as lupus and scleroderma (hardening of the skin)
- * Parkinson's disease
- * Lou Gehrig's disease (ALS)
- * and even early stages of Alzheimer's disease.

Easy, Safe, Comfortable Treatments

Let's take the mystery out of this treatment process right away by explaining how easy and painless it is. If you qualify for chelation treatments after an appropriate evaluation, you relax in a special room in the doctor's office – sometimes in comfortable reclining chairs. A nurse places a tiny needle in a vein in your arm, so a solution can drip gently into your body from an IV bag. During the two or three hours or so that it takes to receive a treatment, you can chit-chat, exchange success stories about your treatments, read a book, or watch TV.

You'll take treatments weekly or so for a period of maybe four to nine months, depending upon individual needs. After you have received much of the benefit to restore your health as desired, usually you will be advised to continue a maintenance program of once-monthly treatments to help keep (and often improve) your personal wellbeing. That's about all there is to it. Your doctor handles all the “scientific stuff,” so your part is easy.

Rejuvenate the Arteries to *All* of Your Organs

Changes caused by the chelation treatments can help improve cell health and blood circulation to – and inside – *all* organs of your body. And, *THAT* helps explain why chelation appears remarkably helpful in so many different disease conditions.

When trying to understand how chelation could be helpful for you, this key point makes sense. Studies have shown this treatment makes the walls of your blood vessels softer and more flexible, by helping your body remove abnormal calcium deposits. Chelation helps more blood to flow to *all* organs.

Bypass operations “skip over” or remove blockages in only a few dozen inches or feet of your BIGGER blood vessels. But *chelation* helps to improve the condition of thousands of miles of bigger *and* SMALLER blood vessels – the very ones *all* of your organs depend upon in order to function. Improving blood flow to organs which are "in trouble" almost always improves their function.

A Wonderful Second Chance for Broken Hearts

Drs. N. E. Clarke, C. E. Clarke, and R. E. Mosher summarized their study of 283 patients treated with chelation between 1956 and 1960 for hardening blood vessel blockage diseases. They published two articles in 1960, one in the American Journal of Medical Sciences and the other in the American Journal of Cardiology. Simply stated, 87% of their chelation patients showed improvement, a remarkable statistic for these crippling and deadly diseases that can strike every organ of your body.

Dr. Ray Evers, another American pioneer, offered his conclusions during a talk in the early 1960s: "From our experience in treating these approximately 3,000 patients with varying degrees of ... [hardening and blockage of the blood vessels], we will unequivocally state that it is our opinion that EVERY patient with this disease in ANY part of the body should be given a ... trial [with chelation] before ANY type of vascular surgery is performed."

Real Proof of Healing Is in Front of Your Eyes

Understanding that chelation can help *many* people with serious disease problems isn't all that complicated for you, as a prospective patient. All *you* have to do is just talk to chelation patients about their experiences, find out how many more activities they enjoy and how much better they feel. So why didn't your doctors already suggest that you check on chelation? Quite simply, they were not trained on this in medical school – and they have studied later only about their *own* specialty, not about advances in the specialty of chelation.

Do you have to be a rocket scientist to see that rockets work? An electrical engineer to enjoy watching television? A great chef to savor a wonderful meal? Most people trust what they see and hear with their own eyes and ears and are happy to leave the detailed understanding of HOW and WHY chelation works to the experts.

In a most delightful way of describing this situation, the late Dr. Richard Brennan, a Houston physician who offered chelation therapy, shared this perspective when asked why doctors from the "older school" of practice don't endorse chelation: "You're always *down*

on what you're not *up* on."

Skepticism, or cautious doubting, plays an important role in making sure that what people claim is what they deliver, and in the best way possible. But when physicians ignore outright the obvious successes shown with chelation therapy in treating many deadly illnesses, perhaps this goes far beyond a "healthy" skepticism.

Some physicians have claimed that not enough research has been done to show that chelation produces results. As *you* will soon see, a great deal of medical evidence *has* been published in the last 40 years. The unspoken tragedy is that your family and friends might suffer and die because they never hear that "*it really works.*" Suffer because they never find out that they *could* choose *right now* to try *non-surgical* chelation treatments – or even choose to have chelation *in addition to* surgery, to improve their success and survival. The wisest choice for you right now is to find out how chelation might help *YOU* with *your* problems.

Why Treat Inches When You Need to Treat Miles?

Bypass surgery can cost 40 to 50 thousand dollars or more – and deals only with a few *inches* or *feet* of the many thousands of *miles* of blood vessels in your body. However, bypass does absolutely nothing to stop more and more hardening and blockage from occurring in *many* of your arteries. These abnormal changes are caused by biochemical imbalances throughout your body.

In contrast, chelation therapy can cost about 5 or more thousand dollars and directly improves chemical and calcium imbalances. It removes toxic metals that injure blood vessel linings and helps restore cell energy systems that are critical for healing and repair. Chelation does this for *all* the arteries, capillaries, and veins throughout the body, including areas where surgery simply isn't possible – such as inside the liver, kidneys, pancreas, and other vital organs. Isn't it surprising to you when chelation is *not* mentioned as a real alternative to drugs and popular surgical procedures?

Proven to Treat Hardening of the Arteries

Dr. L. W. Wilder's group at the Department of Surgery, Hahnemann Medical College in Philadelphia, was the first to prove removal of calcium from hardened arteries. They published their findings in the journal *Surgery* in 1962.

Striking recoveries were reported by Drs. Efrain Olszewer and James Carter, in their 1988 analysis of 2,870 patients treated with chelation in Brazil. Of the heart patients, they found 77% with marked and 17% with good improvement – a total of 94% obviously better, as published in the journal *Medical Hypothesis*.

Danish cardiologists C. Hancke and K. Flytlie published results of their 1993 study in the *Journal of Advancement in Medicine*. Of 265 patients with impaired heart circulation,

improvements were found in 80 to 91% of them, depending on which “before and after” tests were reviewed. 65 patients were on the waiting list for advised heart bypass surgery. After chelation, 89% *no longer* needed it. And in the 253 patients with EKG heart tracing abnormalities, 69% showed improvements after the series of chelation treatments.

In 1993, Drs. Terry Chappell and John Stahl published in the *Journal of Advancement in Medicine* a sophisticated “meta-analysis,” an accepted statistical grouping of 19 clinical research studies, with a total of 22,765 patients treated with chelation for heart and blood vessel disorders. 87% of *all* patients in *all* studies showed clinical improvements by actual medical testing, not just their claim of “feeling better.” Their statistical analysis *very* strongly shows that chelation therapy is the underlying reason for their measured improvements. Few treatments in American medicine have been confirmed to this extent, in terms of demonstrating effectiveness.

Walking with Legs Not Canes and Crutches

In 1964, Dr. Carlos Lamar was the first to document dramatic improvements in 15 diabetic patients suffering from severe blockages in their leg blood vessels. All showed relief of pains. He published in the journals *Angiology* and the *Journal of the American Geriatric Association* (1966).

In the early 1970's, Dr. Ray Evers privately circulated a paper detailing his experience with over 3,000 patients over a 6 year period, noting: "... that 90% of these problems in the lower extremities make significant gains, including regaining ability to walk long distances comfortably, freedom from claudication [leg pains with walking], and evidence of improved ... circulation [in the feet]."

Drugs Can Help – But Healing Is More Powerful

In 1982, Dr. J. M. Porter's group reported in the *American Heart Journal* that a new drug had shown a 24% improvement in walking distance before the onset of leg pain. This increase was sufficient for the U. S. Food and Drug Administration (FDA) to approve the drug as “effective” in the treatment of leg artery blockage disease. But a 24% increase in walking distance would be considered a dismal failure by any chelation therapy doctor, who often sees patients who can walk farther by *500% or more* as a result of treatments!

Drs. Olszewer and Carter published in 1988, in the journal *Medical Hypothesis*, the results of 1,130 patients treated with chelation in Brazil for leg blood vessel blockage disorders. 91% showed marked improvement – shown by the ability to *walk 5 times as far without leg pains and* by the appearance of their legs improving to normal *and* the improvement of ultrasound test results.

Walking with Legs Not Rolling in Wheelchairs

Drs. H. R. Casdorff and C. H. Farr in 1983 reported in the Journal of Holistic Medicine on a most remarkable experience with 4 patients, each having a leg proposed for amputation. As a result of chelation therapy treatments, *all 4* still had their legs intact and pain-free *one year later*.

In 1993, Danish cardiologists C. Hancke and K. Flytjie published their study of chelation therapy for blood vessel disorders in the Journal of Advancement in Medicine. They treated 27 patients who were recommended for amputation; 24 affected legs were *saved*. They concluded that chelation therapy is safe, effective, and cost-saving. Dr. Terry Chappell, in a letter analyzing the results, observed that similar results in this country in 1992 alone would have saved *102,000* Americans from amputation. Perhaps these could have been your neighbors or friends? Your father or mother? Your husband or wife? Maybe even yourself?

In 1985, also reported in the Journal of Holistic Medicine, Dr. E. W. McDonagh's group studied 117 legs in 77 patients with severe artery blockage disease. After 26 chelation treatments given within 2 months, they documented leg blood flow had improved significantly, as measured by blood pressure comparisons. Drs. E. Olszewer, F. C. Sabbag, and J. P. Carter published results of a small double-blind crossover study in 1990 in the Journal of the National Medical Association. *All* patients treated with chelation improved with their claudication walking pains, despite their history of smoking and the documented diagnosis of diabetes or hardening of the arteries.

In 1996, Dr. Philip Hoekstra III and colleagues from several chelation offices shared their results, recently prepared for submission to medical journals. They studied *19,147* patients with leg blood vessel blockage disease. All were treated with chelation and measured before and after their treatment series with a sophisticated heat-sensitive camera (thermograph). 86% showed a significant improvement in leg blood flow, with those having *more* treatments showing even *more* improvement.

You Don't Remember What Chelation Helps?

In 1981, Dr. Richard Casdorff published the first advanced study of chelation and brain blood vessels. He reported in the Journal of Holistic Medicine that 93% of 15 treated patients showed improved brain blood flow measurements – and *all* patients in this small sample improved clinically. Some showed dramatic improvement in thinking abilities after only 20 chelation treatments.

Reading Words Not Braille

In 1994, Dr. Charles Rudolph's group published a brief case report in the Journal of Advancement in Medicine. Their 59-year-old patient with "macular degeneration" of his vision showed measurable improvement with both retina photographs and visual fields after only 30 chelation treatments.

This report supports those offered by other chelation physicians, such as that from Dr. Leonard Klepp, published in the book *The Healing Powers of Chelation Therapy* by Drs. Trowbridge and Walker in 1985. The 79 year old diabetic patient was losing vision in both eyes due to “macular degeneration.” After 21 chelation treatments, his own eye doctor documented improved blood flow in both eyes, a 300% improvement in left eye function, and a 60% improvement in right eye function. For the first time in several years, he was able to *read* a book.

An Exceptional Safety Record – for *YOU*

Dr. L. E. Meltzer’s group reviewed the side effects in patients treated with acceptable chelation dosages in 1961. Their conclusion after 2,000 treatments given to 81 patients: "... the drug can be used without danger over prolonged periods." Even the FDA reviewed the entire topic in 1988, when approving a research proposal. Their conclusion: just like many other drugs, chelation therapy is safe when given in acceptable dosages, as described in the protocol designed by chelation experts.

Complex Patient Problems Deserve Special Care

Many patients feel more assured under the care of a physician who has undergone advanced training and whose expertise and experience has been certified by passing specialty examinations conducted by the American Board of Chelation Therapy. This examining board, formed in 1983, has certified specialists around the world.

Chelation: *Your* Clear Choice?

On **ALL** counts, many people conclude that chelation therapy is their clear choice. It has been found to be **SAFER** in terms of survival and side effects, very often **MORE EFFECTIVE** than you had hoped, **EASIER** than most other choices, and **LESS EXPENSIVE** than many choices. The **RESULTS** are usually so **OBVIOUS** that your friends and family will tell you that *they* notice your improvement, too. And – unlike other medical treatments – most patients notice that **MANY** body functions improve: chelation treats the underlying **CAUSE** of problems.

Drugs – Surgery – And *Other* Health Choices Now

Chelation appears to be very useful and needed *even after* heart or blood vessel surgery. Clinical experience suggests it can help slow or even prevent the blocking again that is common for arteries that have been “bypassed” or “ballooned.” Even more, chelation can help to improve circulation through the tens of thousands of miles of your other blood vessels, helping your future health.

Chelation appears helpful for a broad range of medical conditions, especially ones where you need continuing medications, where you need an increasing number of medications, where you continue to worsen slowly despite being *ON* medications, or where you are needing drugs with increasingly dangerous side effects.

Living Longer, Feeling Better, Doing More

Many people might find good or even excellent results with chelation therapy – both in recovering more healthy function and in living a longer life with better quality. But they mistakenly believe their body *doesn't* have changes that *could* be improved with this remarkable treatment. Some believe that they "feel great, no problems." So, they miss an opportunity to perhaps avoid or delay serious illness, including heart attack and stroke.

Some have been told by their doctors that the medications they take are “controlling” their problems. They, too, might miss out on a better future when they skip the benefits of chelation. Others have been told by their surgeons that they are "all fixed up, like new." They fail to realize that an increasing number of REPEAT operations – angioplasty balloon surgery, bypass surgery, and so on – will be done in the next few months or years on patients *JUST LIKE THEM*, who mistakenly believed that they were going to "do fine" forever.

As medical leader Dr. James Julian states in his book, titled *Chelation Extends Life*, "If you are disappointed or even frightened by what you have discovered about your health, *STOP, LOOK, and LISTEN*. Never again will there be a better opportunity to *STOP* the destructive lifestyle habits which will demean and shorten your life. *LOOK* at the results of your lifestyle to date. ... *LISTEN* to the signals your body is giving you and respond. ... If you find yourself close to that 'stitch in time,' the option of [starting] appropriate therapy [such as chelation] is immediately available; or, you may gamble on the future. The choice is yours. ... If we are ever to be any better, *NOW* is the time to begin."

SOME OF THE TOXIC METALS THAT CAN STEAL YOUR HEALTH

Aluminum – pots and pans, antacids, cans, antiperspirants, paints

Antimony – paints, enamels, glass and pottery glazes, textile dyes and flame-retardants, tobacco

Arsenic – shellfish, seafood, fungicides and pesticides, chemical processing, leather tanning

Cadmium – cigarettes, solders, plated hardware, photographic dyes, batteries, sewage sludge soils

Lead – pipes, paints, batteries, exhaust fumes, bullets, art supplies, ceramic glazes or pigments

Mercury – shellfish, seafood, water, dental amalgams, batteries, fungicides, thermometers

Nickel – foods, cigarettes, water, batteries, implanted prostheses, dental materials, jewelry

Tin – “tin” cans, toothpaste, metal alloys, dyes and pigments, porcelain, ceramic glazes,

plastics manufacture

**CHELATION MEDICATIONS THAT CAN HELP
REJUVENATE YOUR HEART AND ARTERIES**

EDTA – most commonly used medication

D-penicillamine – useful oral medication

succimer – useful newer oral medication

deferoxamine – older, specialized medication

HOW TO GET MORE INFORMATION

Excellent books are available to give you even more details on this remarkable medical treatment. These are available from your fine bookseller, your health food store, or from the contact numbers or the organizations listed below.

Is Heart Surgery Necessary?

by Julian Whitaker, M. D. (714-851-1550)

Questions from the Heart

by L. Terry Chappell, M. D. (419-358-4627)

Forty Something Forever

by Arline and Harold Brecher (1-800-638-8807)

Chelation Extends Life

by James J. Julian, M. D. (213-467-5555)

Toxic Metal Syndrome

by H. Richard Casdorff, M. D., and Morton Walker, D. P. M., and a number of others published over the years by Dr. Walker (562-597-8716)

Dr. Atkins' Health Revolution

by Robert C. Atkins, M. D. (1-800-628-5467)

... and, of course, *LIVING WELL PAST 50*, the book-on-tape by John Parks Trowbridge M. D., published in 1998, of which this booklet is a part

Invite your personal physician to read these books and read a well-documented chapter by Professor Martin Rubin, Ph. D., one of the first research scientists evaluating chelation therapy since the 1940's. The chapter is called "Magnesium EDTA Chelation" and your doctor can find it in one of the textbooks on his bookshelf: *Cardiovascular Drug Therapy*, second edition (1996), edited by Franz Messerli, M. D., of the world-famous Ochsner Clinic in New Orleans.

JOHN PARKS TROWBRIDGE M. D.

... graduated as a National Merit Scholar from Stanford University and from the School of Medicine at Case Western Reserve University (1976). After a surgical internship, he briefly studied urological surgery at the University of Texas Health Sciences Center (in the Texas Medical Center) in Houston before starting a general medical practice in the suburban town of Humble. By 1981, Dr. Trowbridge had dedicated himself to the study of nutritional changes – with supplements and diet – and how they can help people suffering with chronic degenerative diseases those that require more and more medications and operations, finally resulting in death. In 1985, he was awarded a Diplomate in Preventive Medicine from the Florida Institute of Technology for graduate studies in nutrition. Dr. Trowbridge was certified as a specialist by the American Board of Anti-Aging Medicine in 1998, the American Board of Chelation Therapy in 1985, and the American Board of Biologic Reconstructive Therapy (arthritis, sports injuries, and pain medicine) in 1993; he served as an examiner for the last two Boards. He served as a director and officer of the American College for Advancement in Medicine (1984-1991), chairman of the board of governors of the National Health Federation in 1989, president of the Great Lakes College of Clinical Medicine in 1995, director of the American Preventive Medical Association, and director of the Institute for Health Freedom. From 1996-1998, Dr. Trowbridge was program chair for the advanced chelation training seminars in “Heavy Metal Toxicology: Diagnosis and Treatment.” Among his several books are three bestsellers: million-copy-plus *The Yeast Syndrome* (1986), *Chelation Therapy* (1985), and *Do What You Want To Do* (1996). *LIVING WELL PAST 50: Rejuvenate Your Heart and Arteries*, appeared as a “book-on-tape” in 1998. He serves as the Chief Medical Consultant to LIFE CENTER HOUSTON (1-800-FIX-PAIN).

**Almost 12,000 Americans turn 50 every day.
Some of them will die of a heart attack, stroke,
cancer, or other illness crises in the next few years.
Others will begin to suffer with worsening problems
that slowly steal their joy and enthusiasm.**

**A few wake up each morning eager to face the day,
full of energy, bright-eyed with youthful optimism,
taking advantage of their experience and wisdom
to make even more success in their work and family.**

Are you *really* ready to learn why *others* are
LIVING WELL PAST 50?

Learn long-ignored medical evidence for a
remarkable medical treatment to help YOU reclaim

- * more energy
- * better circulation
- * improved memory
- * lowered blood pressure
- * relief from chest and
leg pains
- * even avoid bypass surgery

Rejuvenate Your Heart and Arteries
– without surgery or daily drugs

Reclaim your vitality lost to time and illness –
enjoy *once again* walking, gardening,
traveling, playing – it's *YOUR* life to live

To schedule your office consultation and start receiving highly specialized, very
personalized health care, contact

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