

## HEART DISEASE TREATED WITH OROTATES & BROMELAIN

Nieper\* research on the successful treatment of angina pectoris and coronary heart disease with a combination treatment of magnesium orotate, potassium orotate and bromelain. He has used the following daily doses:

- Magnesium orotate (West German): 1500-2500 mg/day of acid-resistant, microgranulated tablets
- Potassium orotate (West German): 150 - 300 mg daily
- Bromelain (Hawaii): 120 - 140 mg daily

During an observation period of two years there occurred only two deaths in over 140 patients. In a period of 4 years there were also two deaths in more than 76 patients. In both cases these deaths were sudden and occurred in men of advanced age (76 and 72 years old).

During 5 years of treatment there were only two emergency calls (chest pain) and only one hospitalization for heart muscle necrosis.

Treatment with magnesium orotate for 18 months improved blood vessel elasticity, - which was measured by capillarography-, in about 90 percent of the patients to an extent close to normal. Essential phospholipids (for instance lecithin) are effective in about two thirds of these cases, but Clofibrate (an antihypercholesteremic, as found in Atromid, Arteriosan, or Regelan) turned out to be practically ineffective.

Nieper compares his results with those obtained at the Cleveland Clinic and with those of a Rotterdam study. He gives the following data:

<u>Type of study</u>	<u>No. of patients</u>	<u>Mortality (%)</u>	
		<u>at 2 yrs.</u>	<u>4 yrs.</u>
- Nieper: Mg-orotate, K-orotate and bromelain	more than 140	less than 2%	2%
- Cleveland Clinic: Mainly nitrates and anticoagulants		21%	36%
- Rotterdam study (Erkelens): with or without anticoagulants (no statistically sign. diff.)	1550	19%	32%

In contrast to the conventional therapies of heart disease which are symptomatic and do not restore heart muscle function, Nieper considers his regimen as a form of nutritive and restorative therapy. He claims that magnesium and potassium orotate pass through the outer cell membrane and deliver these minerals to the mitochondria and microsomes without disturbing the electric potential of the outer cell membrane (doses of 8 to 10 grams of calcium orotate per day are tolerated without causing any negative cardiac symptoms). Bromelain inhibits platelet aggregation and dissolves fibrin clots.

\*Nieper, H.A.: (Lowering of incidence of infarction by means of magnesium orotate & potassium orotate in combination with bromelain). Undated German ms.

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