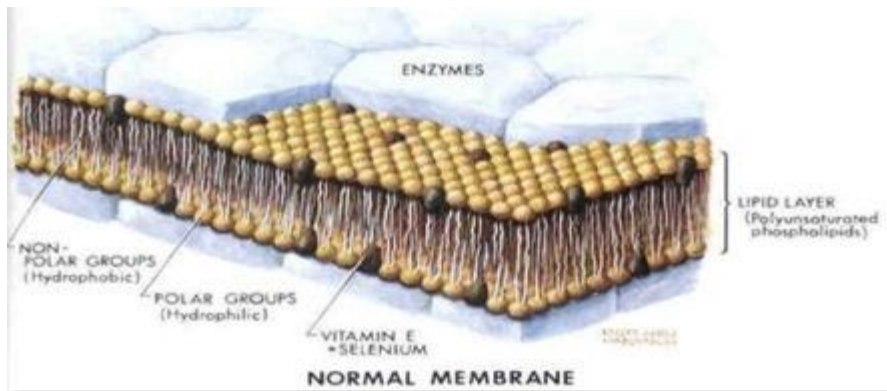


X-PLAQUE

In the treatment of cardiovascular disease at the Integrative Healthcare Center, we attempt to address as many of the known underlying risk factors as possible. Factors such as high blood pressure, smoking, diabetes mellitus, and elevated cholesterol are well known. Other factors such as homocysteine, Ultra Sensitive CRP (a marker for inflammation in the arteries), and overload of iron and other metals are also evaluated. We then try to reverse as many of these factors as possible to promote improved circulation of blood and better health in general. One of our therapeutic interventions at the Integrative Healthcare Center is X-Plaque. What is X-Plaque? In order to grasp the importance of this treatment modality a short review of cellular physiology is in order.

Our bodies are composed of trillions of cells. These form tissues, which form organs such as the heart, brain, liver, kidneys, etc. The basic unit is the cell. Each cell carries out numerous functions including the intake of nutrients and excretion of waste products. A strict internal cellular environment must be maintained in order for the cell to function and thrive. Thus, an intact and healthy cell membrane must be present at all times. The cell membrane is largely composed of phospholipids arranged back to back in a bilayer (see figure 1). The inner layer is rich with lipids (long fatty acid chains), which allows the membrane to be flexible. The lipids give the membrane its fluidity. It is therefore logical that the specific kinds of lipids that are present in the cell membrane will dictate function of the membrane and also cellular function.



One of the most important phospholipids found in cell membranes is called phosphatidylcholine (PC). Another phospholipid is sphingomyelin (SM). In order for proper membrane function to exist, there should be a certain ratio of these two phospholipids with PC being the predominant one. As we age, the proportion of PC decreases and SM increases and also, cholesterol will tend to increase. This will cause an alteration in cell membrane function and hence cellular function. Furthermore, exposure of the cell membrane to toxins such as heavy metals, etc., will also cause a marked change in cell membrane function. What does all of this have to do with X-Plaque?

Over the last several decades, research has been done proving the importance of phospholipids and cell membrane function as we have discussed. As well, research has been carried out in Europe showing that cell membrane function (and hence cellular function) can be enhanced by altering the types and ratios of phospholipids in the cell membranes. It has been shown that the intravenous administration of a solution rich in PC reversed age-related changes in the lipid composition of heart muscle cells red blood cells, and arteries in animals. As well, the lifespan of the animals increased by an average of 36%.

Researchers at the Baxamed Medical Center in Switzerland reviewed a pilot study showing the effect of X-Plaque on 20 patients suffering from re-occurring angina. After completing an average of 30 treatments, 19 of the 20 were completely asymptomatic and free of medication. 1 patient dropped out of the study for unknown reasons. The clinicians at Baxamed have since reproduced these results. They also use classical EDTA Chelation therapy in combination with X-Plaque.

We have been using X-Plaque treatments since 2001. The results so far have looked very promising. Most patients treated have already had EDTA Chelation therapy. In these individuals, we have observed that they require far fewer treatments with X-Plaque (ie. 10-20) than are suggested by Baxamed (ie. 20-40). We have treated people with angina pectoris as well as those with peripheral vascular disease, and have observed some dramatic improvements in these patients.

The X-Plaque solution is an intravenous mixture of various essential phospholipids with phosphatidylcholine being the chief component. It is administered over 90 minutes and is generally tolerated very well. If administered too rapidly the blood pressure can drop, therefore we closely monitor the infusion to ensure that this does not occur. A few patients have experienced transient nausea. Since X-Plaque causes no additional strain on the kidneys, it can be administered up to 5 times per week if necessary.

We at Integrative Healthcare Center are pleased to introduce this profound and innovative therapy in order to better serve our patients in as thorough an approach to treating cardiovascular disease as can be achieved.

Note: Do to legal dispute what was formerly called Plaquex has been renamed X-Plaque.