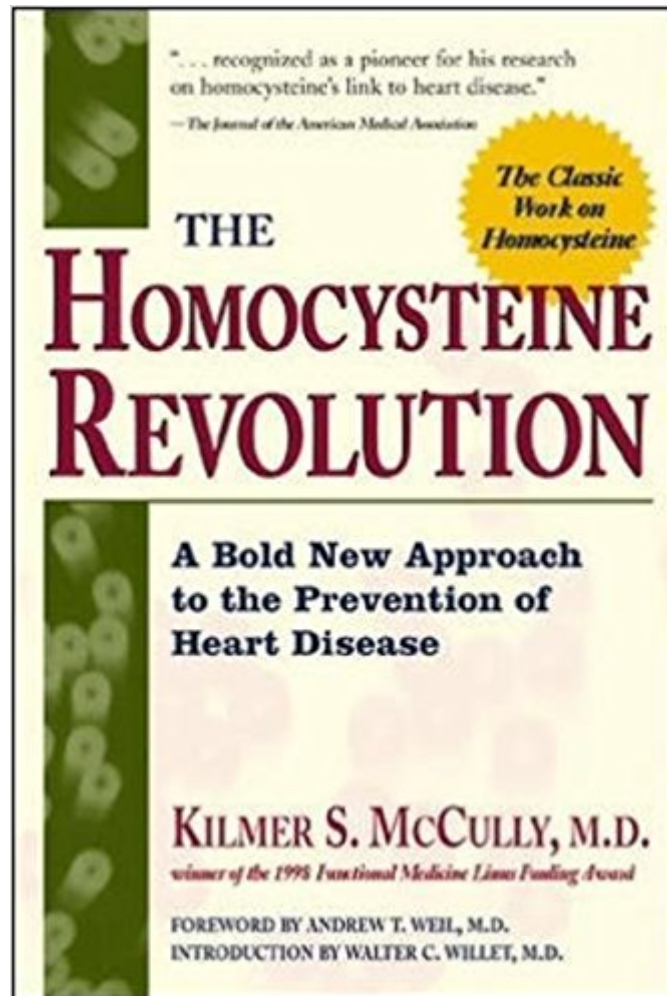




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The Homocysteine Revolution



Synopsis

More than 30 years ago, a young Harvard pathologist offered the medical community a theory for the cause of one of today's biggest killers-- heart disease. It is called the Homocysteine Theory and is the medical breakthrough that inspired Andrew Weil to label Dr. McCully as "a visionary medical pioneer well ahead of his time". This discovery has the potential to save millions, yet ironically destroyed Dr. McCully's medical career. Homocysteine, a byproduct of metabolism, has been discovered to be a better risk indicator of heart disease than high cholesterol. A simple B6 vitamin and folic acid play a major role in controlling homocysteine levels. This proven theory will change the way the medical establishment views and treats heart disease. Today, the medical community is beginning to accept Dr. McCully's findings transforming his story from medical heresy to legitimate medicine. Updated and revised, complete with a new introduction by Walter Willett, this eye opening book combines Dr. McCully's personal story and scientific philosophy with a fascinating exposition of his discovery and a special program to make use of this information to improve overall health.

Book Information

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me discuss what we would do with my doctor. I have learned that a high Homocysteine (Hcy) level is

a marker for heart disease just as is a high CRP (C Reactive Protein). In fact I think they are both much more important than looking at blood lipids. I also found out that a higher Hcy level is usually indicative of a B12 and/or folic acid deficiency. In addition there are some genetic expressions in certain populations (of which I am one) that predispose us to those deficiencies. I also ordered and devoured "Could it be B12" by Sally Pacholok and got more information related to Hcy. As a result of the information in these two books we ordered some additional blood tests (serum B12 and urinary MMA) and have started on a high dose B6/Folic Acid/B12 prescription. If you have issues with Homocysteine or B12 (and I bet most people these days are B12 deficient if you use a more realistic guideline than the current) I would recommend reading both of these books. You will be glad you did.

There are two main messages from this book: * High Homocysteine (an amino acid) levels in the blood damage the inner walls of blood vessels, leading to hardening and clogging. Presence of LDL cholesterol makes the matter worse. * Homocysteine levels can be usually lowered by supplementing with B6, B12 and Folic Acid (and of course, by eating a more wholesome food devoid of oxidized cholesterol). Beside the above, the book also carries two secondary messages. I think they are important as well: * Dr McCully was the first one to arrive at the relationship between high homocysteine levels and higher incidence of heart attack. And he did this way back in the 60's. Hence, I consider this book to be first among equals. * The mainstream health care industry is yet to accept/appreciate the homocysteine connection. I can't understand how something as important can escape general acceptance for half a century. However, this is one of the well written and important books on the subject.

Until I read this book I did not even know the harm that could be caused by high homocysteine. My wife or I have never had a doctor mention this to us. She had a stroke and heart attack in 2001. No mention by any of the doctors about checking her homocysteine level.

Ok

Good book. I knew nothing about homocysteine when I started it, except that it was a marker for inflammation in the body, but I finished with a clear idea of its role in arteriosclerosis and general health. It's written from a historical point of view, both the more distant history of the first developments in understanding, and the last 30-35 years, when the author played a significant part.

At first I did not like this indirect approach, wanting just the science, but it did turn out to be an interesting read and not a bad way to communicate the information. For a lay-reader, I found it stayed within the bounds of comprehensibility, but you do end up with maybe a dozen or so different biochemicals flitting in and out of the text, often with names that are slight variants on each other. But overall it's clear. I'm surprised at the reviewer who thought there was no advice for personal health - that's the whole topic of chapter 5. I felt I got a clear picture about how to apply the information for personal health. Proponents of the paleolithic diet will find one of McCully's final conclusions about diet (to eat little meat and fish) indefensible. But that's a quibble in the book as a whole, and don't let it put you off the book if you want a good layman's introduction to homocysteine and how it relates to health.

This is a new view on human heart health. I am enjoying this read!

I learned quite a bit from reading this book. Very insightful.

this book is so good it should be a movie, it's something to live by!

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