

*Excerpts from Doctor Robert J. Rowen's*

# ***Second Opinion Newsletter***

Vol. XIV, No. 12

December 2004

## **Health Notes**

### ***Reverse Atrial Fibrillation Without Drugs***

There are two fantastic therapies that can reverse many chronic ailments, including heart disease. Now there's evidence these therapies can reverse atrial fibrillation.

Atrial fibrillation is the misfiring of electrical impulses in your atria, the upper chambers of your heart. The result is an irregular and sometimes very rapid heart rate, which can be particularly dangerous.

The huge Framingham Heart Study confirms that you have a one-in-four lifetime risk of developing atrial fibrillation. That's a whopping percentage and it holds true for both sexes.

Fortunately, atrial fibrillation is a problem you don't have to develop. I don't believe you were genetically programmed to get a diseased circulatory system.

I used to recommend you take drugs to slow your heart rate. In some cases, this still may be necessary. But first, I would try these two therapies.

The first therapy is chelation. Here's why: One study that was ignored by the medical pundits appeared in the *Journal of Cardiology* a few years ago showing that mercury and other heavy metals accumulate up to 10,000 times over "normal" in diseased hearts. You're already well aware of the danger of heavy metals. If you suffer from atrial fibrillation, you must take chelation – either oral or IV.

The second therapy actually treats a condition that's common in atrial fibrillation patients – sleep apnea. What does sleep apnea have to do with your heart? A study published in *Circulation* showed that half of 151 patients with atrial fibrillation also had sleep apnea. This was compared to less than one-third of 312 general cardiology patients.

The study done by questionnaire found those with atrial fibrillation have a 2.19 times likelihood of having sleep apnea. And the association was higher with atrial fibrillation than other accepted sleep apnea risk factors, such as hypertension and obesity.

One possible reason for the connection is that the obstructed breathing caused by sleep apnea may lower your blood's oxygen content. This and high levels of adrenaline, the body's natural fight or flight response to the obstruction, could lead to arrhythmias.

But if you have atrial fibrillation and also suffer from sleep apnea, you must correct your apnea. The best way to do this is to use a mouth splint designed by my colleague Doctor Farrand Robson. I told you about these splints in the January issue and showed you the amazing results they bring. If you suffer from sleep apnea or even a hint of airway obstruction (such as common snoring), contact Doctor Robson's office (800-977-1945) for the name of a dentist close to you that he has trained. It could prevent or reverse heart problems and many other chronic illnesses.

**Doctor Farrand Robson and Oral Systemic Balance (OSB) would like to thank Doctor Rowen for allowing us to reprint the preceding articles for distribution.**

For additional information regarding the therapeutic system described in these articles, please contact the OSB office at (800) 977-1945.

**If you would like further information about Doctor Rowen's Second Opinion Newsletter, or to order special reports, books, and other recommended material mentioned in this issue, please write or call: Second Opinion**

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