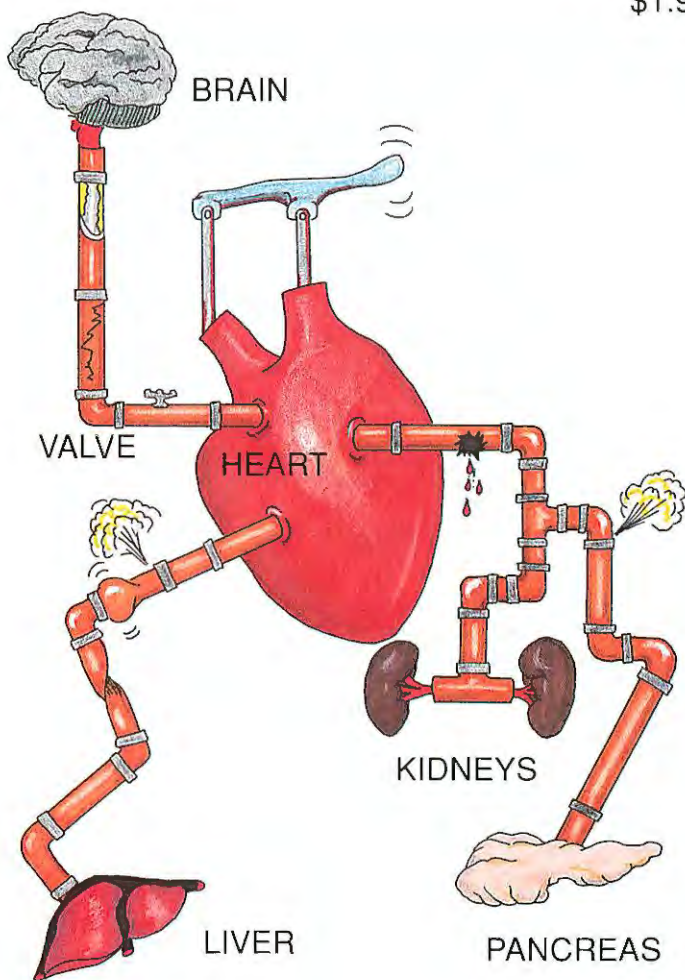


# Owners Manual

*for a healthy circulatory  
system*

\$1.95



Vascular Associates  
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Vascular Associates

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## DR. DAUB'S MAINTENANCE PROGRAM--HOW IT ALL BEGAN

I started my 21st year as a family practitioner in 1978. You would have certainly considered me a successful doctor if you measure success by monetary gain and the number of people I helped to regain lost health. For me personally, however, success meant conquering a particular ailment. There was a health condition which presented itself to me all too often, one with seemingly no definite diagnostic procedure to detect its cause, no known therapy to correct it.

This condition is the physically debilitating migraine-type headache. I was able, of course, to help many people rid themselves of many severe headaches, but I became exasperated when some of my patients with one of these headaches would not respond to any effort I put forth. I now know that the patients that did respond to my therapy at that time and those that did not had two totally different types of headaches. The ones that did not respond to ordinary therapy were caused by poor circulation.

It was during this same year of 1978 that I read an article concerning doppler ultrasound studies for the detection of vascular disease. This material was written by a man who has long since become my personal hero, Dr. Robert W. Barnes. At the time he conducted his studies, Dr. Barnes was head of the peripheral vascular laboratory at the University of Iowa. It was this doctor's marvelous instructional material on non-invasive vascular diagnosis that yielded me the most interesting and rewarding phase of my entire professional life--and that also motivated me to develop a way to help relieve those headaches that defied treatment for so many years.

But even more important than relieving migraine headaches was my discovery of an oral treatment for clogged arteries, which I call "Vascular Rehabilitation". I soon realized that by introducing properly balanced nutrients into the blood, the body would be able to cleanse itself of the unwanted material that causes clogged arteries, thereby helping to restore normal function to the blood vessels as well as the glands and organs of the body.

As much as I would like to take credit for the vascular rehabilitation program that I have used so successfully since 1981, I must give credit where it belongs; to Dr. Hans Nieper who has been treating circulatory diseases in Germany for more than eighteen years. I have simply adapted Dr. Nieper's use of certain glandulars and amino acids as the basis for the products that we now call MVP.

As I treated more and more patients for circulatory problems with this oral procedure, the benefits of this program began to multiply. And as these patients traveled around the country, I began receiving phone calls from doctors literally all over the U.S. wanting to know more about the program. One by one, I consented to travel to many doctors' offices and train them and their staff in this vascular rehabilitation program. After training less than a dozen doctors, I realized I simply could not reach enough people as quickly as I felt necessary by training one doctor at a time.

That is when I began to explore the possibility of taking these formulations to the general public. The rest of the story should soon be history. I hope you will join us in our commitment to the MVP program.



Dr. Kenneth R. Daub

# THE GRIM STATISTICS

## **EACH YEAR AMERICANS SUFFER.....**

1.5 MILLION HEART ATTACKS  
600,000 DIE BEFORE TREATMENT  
180,000 DIE IN HOSPITAL

## **OF THE REMAINING 720,000**

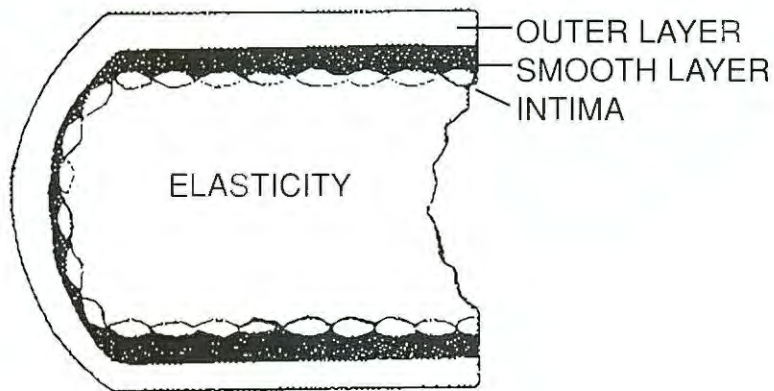
20% SUFFER REPEATED ATTACKS AND DIE  
80% SUSTAIN DAMAGE WHICH EFFECTS QUALITY OF  
LIFE IN VARYING DEGREES  
200,000 WILL UNDERGO BYPASS SURGERY

STROKES KILL ABOUT 153,000 AMERICANS  
EACH YEAR

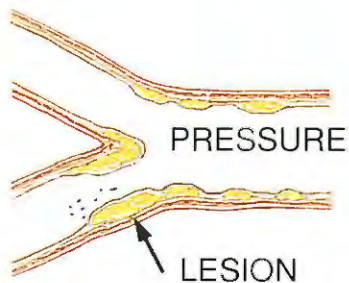
CARDIOVASCULAR DISEASE KILLS ONE AMERICAN  
EVERY 32 SECONDS

IN A SINGLE YEAR, DISEASES OF THE HEART AND  
BLOOD VESSELS KILL MORE AMERICANS THAN DIED  
IN WORLD WAR I, WORLD WAR II, AND THE KOREAN  
AND VIETNAM WARS COMBINED.

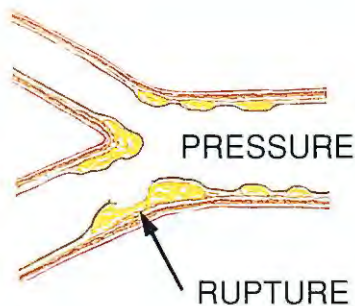
1. A normal, healthy artery is strong, pliable and elastic. Every time the heart beats, blood is pumped through some 60,000 miles of arteries, providing the body with nutrients and life-giving substances.



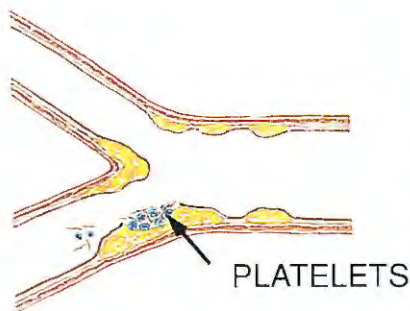
2. A lesion (injury, hurt, disease condition) develops in the arterial wall. Later we will explain what causes the lesion to develop. As the lesion, which is like a tumor, grows and gets bigger, it starts to put pressure on the arterial wall.



3. Eventually, the pressure of the tumor is big enough to rupture the inner lining of the blood vessel. The lesion is now exposed.

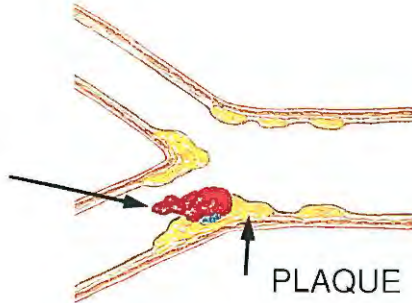


4. Whenever there is an open sore anywhere in the body, the body will immediately respond by sending platelets to plug the leak--to form a clot. The platelets are sticky, so that other material can attach itself to the clot to make it firm. Unfortunately, in an artery this creates a problem.

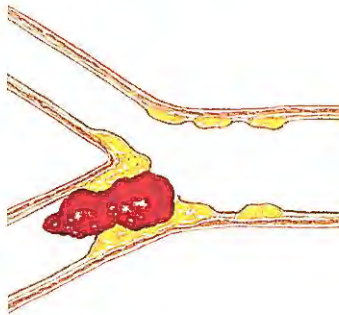


5. Low density fat suspended in the blood, in combination with low density fat and cholesterol squeezed out of the cells in the arterial wall by the pressure from the lesion, now sticks to the platelets. We now have plaque.

LOW  
DENSITY  
FAT



6. Because of the differences in electrical charge, calcium in the blood will gradually form a crust over the plaque. This is what causes hardening of the arteries, also known as arteriosclerosis or atherosclerosis.



We would like to explain to you what causes the lesion to develop in the arterial wall. This may get a bit technical, so please bear with us. Lesion is produced by:

1. Free radicals
2. Absence of the caretaker

7. Civilization has provided us with many beneficial conveniences, but for every desirable advancement, there are usually some undesirable side effects. Chemicals are the fuel that energize our modern society; however, many of these chemical reactions produce what is known as free radicals. What are free radicals? They are:

Electrically uncharged atoms which make them extremely reactive-out-of-control molecules which can be considered chemical maniacs that roam about, seeking something to destroy.

They enter the body through the food we eat, the water we drink, the air we breathe, and through our skin by way of radiation.

8. Who is the caretaker?

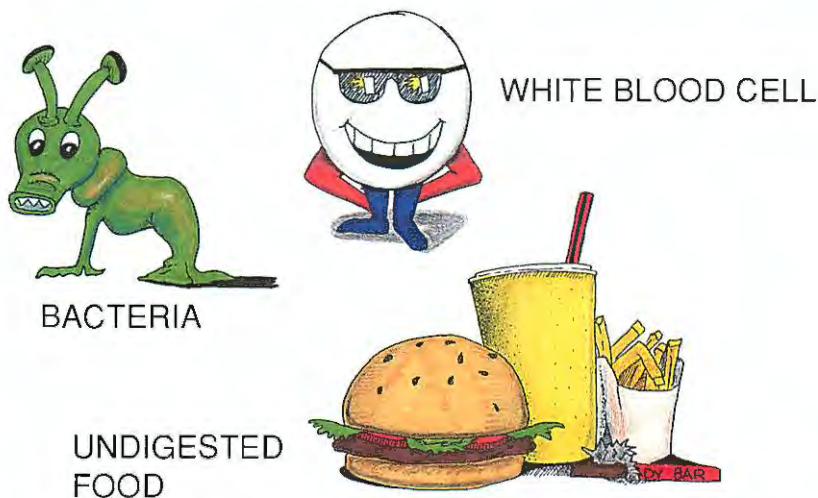
Our bodies--all our organs and tissues--are run by metabolic enzymes. These enzyme workers take protein, carbohydrates and fats and structure them into healthy bodies, keeping everything working properly. There are between 80,000-100,000 enzyme systems operating in the body. In the arteries, there are 98 different enzyme caretakers keeping them clean and healthy. Metabolic enzymes need protein, carbohydrates, and fats to do their work. These come from the digestive system. However, digestive enzymes are responsible for only a part of the breakdown of food. The rest should be done by food enzymes--the enzymes that should be in the food we eat. Heat, as in cooking, destroys the food enzymes. Our digestive system cannot handle



the breakdown of food by itself. The body will then mobilize metabolic enzymes, including the arterial caretakers, to help with digestion.

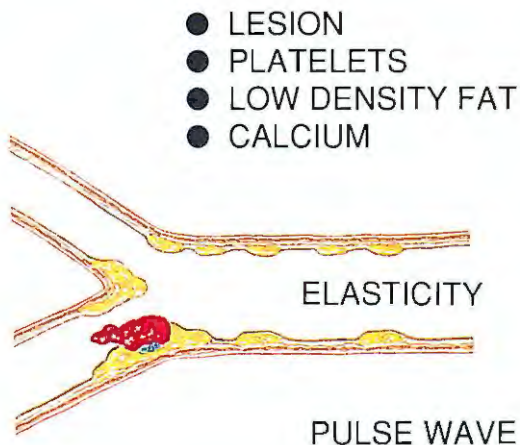
For years, scientists have wondered why, after a big meal, there is a rapid increase in white blood cells (leukocytosis).

### DIGESTIVE LEUKOCYTOSIS



We now know white blood cells are rich in enzymes. The body uses the white blood cells (part of our immune system) to digest food. Leukocytosis does not occur when we eat raw food. When caretaker enzymes are busy digesting food, they cannot do their primary job, which is to keep the arteries clear.

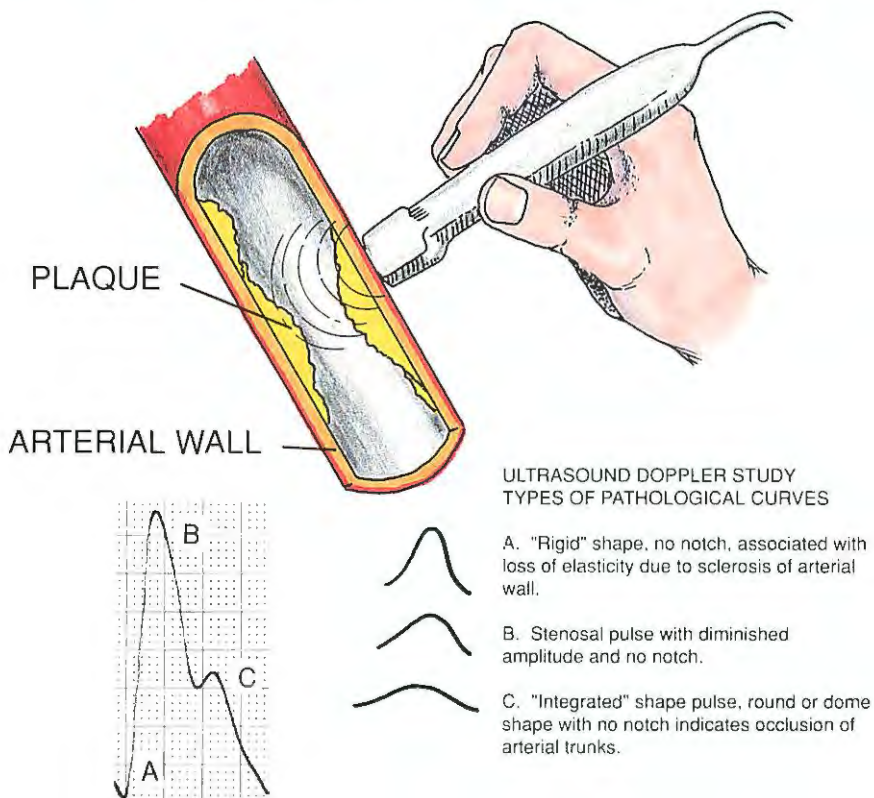
Undigested food also produces constipation which releases methylcholanthrene, a free radical that stimulates the release of other free radicals trapped on the arterial walls.



9. Normal arteries should be elastic. By relaxing or constricting the size of the opening of an artery the body can control the flow of blood to different areas. When our heart beats, we can feel the pulse wave that flows along the arterial path. However, with hardening of the arteries, elasticity is lost and blood is permanently restricted. The heart must work harder which leads to enlarged heart.

10. To detect the silent footsteps of America's number one killer, an ultrasound Doppler instrument is used. This is a safe, painless non-invasive procedure with absolutely no side effects. A probe is placed gently against an artery. The probe sends out ultrasound waves. The echo is recorded on a graph. A healthy graph has a high amplitude (arterial flow index). It has a diastolic notch, which demonstrates elasticity.

When the probe is placed over affected arteries, the graph will demonstrate any one of the stages A, B, or C.



Circulation problems diminish the quality of life in many ways as demonstrated on the symptom survey sheet. But most of all, they predispose us to heart attacks and strokes.

The Solution:

First, we must eliminate those factors which are responsible for the problem.

1. Stop or cut down cigarette smoking.
2. Modify diet. Use our low-fat food guide listed in this book.
3. Drink pure water. (Distilled water is best).
4. Exercise.

Second, we need to assist the body so that it can clean its own system. This is accomplished by using Dr. Daub's MVP program consisting of a series of nutritional supplements, specially formulated to support the proper circulation naturally and help the body nutritionally cleanse itself of the life-threatening plaque in the arteries.

\*Recommended method for taking MVP

- First 3 months.....3 times per day (full strength)
- Next 2 months.....2 times per day
- 6th month and thereafter...1 time per day  
(maintenance program)

We have stated that the lesion was caused by free radicals. Free radicals, in the presence of oxygen, combine with unsaturated fats to form peroxides.

In human beings, free radical reactions cause irreparable damage to cells. This damage accumulates over the years with telltale age spots, wrinkling, etc. Free radicals can effect the DNA (genetic blueprint) of cells, causing them to mutate and eventually proliferate. Dr. Denham Harman of the University of Nebraska believes that cancer, heart disease, high blood pressure, and senility are caused, in part, by free radicals in the systems.

To understand what can go wrong, let's take a look at the tiny vessels called capillaries which make up 99.99 percent of the body's 60,000 miles of blood vessels. These capillaries are very delicate structures and carry a tiny negative electric charge. The red blood cells that pass through the capillaries also carry a negative charge--it's a very small charge, but it's there. So it's like two magnets. If we put two negatives together, they will repel each other. That repulsion helps push the red cells through the capillaries. This makes it easier for the heart to pump blood. When we eat junk food, the free radicals will throw the body out of chemical and electrical balance. The little capillaries gradually lose their negative charge and become neutral or positive. Then the red cells, calcium molecules and other material floating in the blood stream are attracted to the vessel wall. They adhere to it like soap to a window pane. Gradually, they clog up and block the capillaries. The heart starts pumping harder to overcome the resistance and eventually goes into a spasm that we call a heart attack.

Fortunately, nature has provided us with a way of slowing such reactions. Cells and tissues are protected against the ravages of free radicals by antioxidants. However, we need a constant supply of antioxidants to counteract the constant input of free radicals that we are subjected to.





The MVP-1 product contains important regulatory substances. When there is an open lesion, the body will pile platelets one on top of another to seal off the leak. This process will bring the bleeding under control. However, what happens when something goes wrong with this process? Strong evidence links platelet problems with heart attack, stroke, and with blood clots that often follow surgery and that threaten women who use birth control pills. When platelets pile up or stick together over an injured artery, we call this "platelet aggregation". During this process, platelets release chemicals such as enzymes and Prostaglandins (hormone-like substances). The prostaglandins make the platelets stick together. The arterial wall gives off an enzyme (prostacyclin) which prevents platelets from clumping together. The MVP-1 formula contains linolenic acid and vitamin E, which are important in the regulation of platelet aggregation.

Our MVP-2 formula contains the vitamins--including the three important antioxidants, vitamin E, vitamin C, and selenium--and minerals for proper nutritional nourishment of the cells. The modern diet, with preservatives, coloring agents and other additives, is devitalized and lacking in many vital factors. The MVP-2 contains these factors.

The MVP-3 products contain enzymes, the miracle health builders. In the days before milk and butter lost their lipase (the enzyme that breaks down fat) due to heat and pasteurization, millions of people lived on dairy products without developing atherosclerosis, because lipase knew how to handle cholesterol. It has been found that Eskimos even though they eat high concentrations of fatty meat, do not suffer from atherosclerosis. Strong evidence has led some researchers to conclude that since Eskimos eat their meat raw, the enzymes present in the meat have not been destroyed by heat or additives and are thus able to break down the fats so completely that they do not cause arterial disease. MVP-3 contains the enzymes needed to complete digestion so that the body does not need to mobilize metabolic enzymes, the caretakers, to digest food. They are then free, among other things, to keep the arteries clean.

The MVP-4 product contains glandular material. Raw glandular tissue contains intrinsic factors that are distinct from vitamins, minerals, hormones, or enzymes. These cellular factors, interestingly, are not species specific but rather organ specific. This means that raw cellular material from sheep, for instance, when eaten by a human being, will be picked up from the blood stream by the person's liver. This phenomenon can be demonstrated through radioactive isotope tracing. MVP-4 contains adrenal thymus, and spleen factors. The spleen acts much like the oil filter on a car; it filters out weak and dead red blood cells, as well as bacteria and other irritants that could damage arterial walls. The thymus is responsible for defending the body against invasion by supplying the blood stream with special cells (reticulum cells) which destroy harmful bacteria. The adrenal system contributes greatly to the control of blood pressure by regulating cardiac output.

Some of the material presented here was obtained from...

Editors of Prevention magazine, The Complete Book of Vitamins All New Edition, Emmaus, Pa, Rodale Press

Howell, Edward Enzyme Nutrition Wayne, New Jersey  
Avery Publishing Group Inc.



# Low Fat Food Guide

## DO NOT EAT ITEMS

Pork  
Yellow cheese, cream  
cheese or sour  
cream.  
Margarine  
Peanut butter or  
peanuts  
Gravies  
Whole milk  
Chocolate  
Most vegetable oils  
Refined sugar products such as  
donuts, rolls and other pastries  
White flour products  
Snack foods such as potato chips,  
nachos etc.  
Fried foods



## SPECIAL INSTRUCTIONS

Cut beef consumption by half the  
amount you now eat. (Trim all fat  
before eating)  
When cooking with open flame, never  
use charcoal, use wood or a gas grill  
is acceptable.  
When eating in restaurants, especially  
Chinese, ask them not to put MSG\*  
on your food. Most are very co-  
operative.  
Always examine packaged and canned  
foods for preservative content,  
artificial coloring and flavorings.

\*MSG: A sodium salt derived from the  
amino acids that make up protein. It  
is used to increase the flavor in  
foods. (can irritate artery walls)

## EAT SPARINGLY

Eggs- soft boiled or  
basted in approved  
oil (see cooking  
inst., No hard yolk)  
Lamb-broiled, trim all  
fat!  
Coffee- AM only, 2 cups max. (No  
decaffeinated)  
Tea- never after 6:00 PM  
Ice cream-buy only those brands with  
no preservatives, such as Breyers  
and Haagen Daz  
Butter-lightly salted or unsalted  
Milk-2%, or skim  
Salt-use for cooking only!  
Buttermilk  
Cottage Cheese



## DO EAT THESE ITEMS

Good milk substitute  
Juices-any kinds,  
(daily)  
vegetables-do not  
cook until soft.  
Chicken-broiled or  
baked (never eat  
skin!)  
Fruit-variety, (daily)  
Fish & variety of other seafoods, at  
least three times per week!  
Turkey and turkey products, (Louis  
Rich Co, has a large variety of items,  
including ham sausage, etc.)  
Wheat and whole grain baked goods.  
High fibre cereal- No sugar coated



## COOKING INSTRUCTIONS

Use safflower or sunflower oil only!  
(you may mix 1 part butter with 1 part  
safflower oil if you wish)

## SPECIAL INSTRUCTIONS

We recommend you consult your own physician about this food guide. If he or she has  
any reservations concerning any part of it, by all means follow his or her instructions!

ARE CIRCULATORY PROBLEMS AFFECTING YOUR HEALTH?

ANSWER THESE IMPORTANT QUESTIONS



















	YES	NO
COLD HANDS OR FEET	<input type="checkbox"/>	<input type="checkbox"/>
LEG OR FOOT CRAMPS	<input type="checkbox"/>	<input type="checkbox"/>
PAIN OR BURNING SENSATION IN ARMS, LEGS, HANDS OR FEET	<input type="checkbox"/>	<input type="checkbox"/>
PINS & NEEDLES SENSATION	<input type="checkbox"/>	<input type="checkbox"/>
NUMBNESS IN ARMS, LEGS, HANDS AND FEET	<input type="checkbox"/>	<input type="checkbox"/>
DISCOLORATION OF FINGERS, TOES, OR FEET	<input type="checkbox"/>	<input type="checkbox"/>
SLOW HEALING WOUNDS	<input type="checkbox"/>	<input type="checkbox"/>
MIGRAINE TYPE HEADACHES	<input type="checkbox"/>	<input type="checkbox"/>
RINGING OR OTHER EAR NOISES	<input type="checkbox"/>	<input type="checkbox"/>
MOMENTARY LOSS OF BALANCE	<input type="checkbox"/>	<input type="checkbox"/>

If you suffer from any of these complications, see your doctor immediately for proper diagnosis



## Maintenance Vascular Pathways



1.  Isn't the MVP just another oral Chelation product?  
 Absolutely Not! The MVP program is the result of several years work done by myself and others in my own clinics where we used combination of enzymes, minerals, amino acids and many other nutritional supplements along with special food guides to combat a multitude of health conditions, including many of the metabolism problems associated with stroke and heart disease. We soon discovered that the items contained in the MVP program were the nutrients most often responsible for the favorable results we experienced with our patients who suffered from one form or another of poor circulation.
2.  Will MVP effect blood clots?  
 Whenever you can improve the condition of the arteries you lessen the risk of clotting.
3.  Will MVP help the numbness in my hands and feet?  
 By helping the arteries to become more elastic you can expect to rid the body of many of the symptoms of stiffened arteries.
4.  I have a sore on my leg that won't heal, will MVP cause it to heal faster?  
 Slow healing is one of the cardinal symptoms of poor circulation. Anything that will improve circulation will speed the healing of wounds.
5.  How does MVP compare with I.V. Chelation?  
There is no danger to the user of MVP, where I.V. Chelation has many dangers.
6.  Will MVP cause any side effects?  
 Not of any consequence, however a small percentage of users may experience a minor discomfort in the form of a mild diarrhea or temporary constipation.
7.  Will MVP cure allergies?  
 We make no claims to any cures for any specific conditions by the use of MVP, only to offer nutritional support to the body while it heals itself.
8.  Is MVP safe for children?  
 As MVP is made up of purely nutritional supplements it can be taken by anyone. We do suggest a person under 16 wishing to take the product seek the advice of a health care professional as to dosages. My own children take MVP. The youngest is 11 years old.
9.  Could a diabetic benefit from the MVP program?  
 There are several types of diabetes, each one usually caused by the malfunction of one organ or another, and as good circulation is essential to the function of all organs we feel that by helping the body restore good circulation the diabetic condition should improve. Along with nutritional supplementation, most doctors advise a low sugar, low fat and high fiber diet to support the nutritional needs of these patients.
10.  Can a diabetic discontinue the use of insulin while taking MVP?



It is never wise to discontinue the use of any medicine without the advice of the doctor who prescribed it for you in the first place. however you should monitor your condition closely while taking MVP as researchers tell us that the use of enzymes will increase the activity level of many drugs.



11. Once I start using MVP will I always have to take it?



We suggest that you follow Dr. Daub's advice to his patients and take the products every day for three months and then take it every other day as a maintenance program!



12. If a person eats right would they even have a need for MVP?



The magic phrase here is EATS RIGHT. With the increased use of chemicals in food preparation and the decrease in nutritional value, it is very difficult for us to EAT RIGHT today!



13. Will this product restore any of the damage caused by a stroke?



This question can't be answered by a simple yes or no as some stroke victims suffer only minor damage compared to others who suffer severe damage, however, I have seen much improvement in the overall health of many of my patients who have suffered strokes of varying severity.



14. Will MVP help my dizzy spells?



If the dizzy spells are not caused by nerve damage or some other form of pathology not associated with unbalanced metabolism, MVP can be quite beneficial.



15. Can elderly people take MVP?



Elderly persons are just as much in need of a well balanced metabolism as young people. MVP can be very helpful to attain this balance.



16. Will MVP help high blood pressure?



If the high blood pressure is associated with a nutritional deficiency it is reasonable to expect MVP to aid the situation.



17. How soon could I expect to notice any results from taking MVP?



That would depend on the reason you were taking the product in the first place, however I have performed vascular studies on patients where improvement in circulation has been displayed in as little as two weeks.



18. Would MVP have any benefit to help prevent cancer?



Many of our medical authorities have a great difference of opinion as to just how far advanced cancer treatment drugs really are. A large number of doctors are subscribing to the position that prevention is paramount to treatment. One doctor from the University of Illinois College of Medicine states that if we don't start paying attention to reducing the pollutants found in air, food and water we don't stand a chance of conquering cancer. He also advocates a diet low in fat and high in fiber rich foods. I have been teaching my patients these eating habits for more than 27 years. I feel very strongly that the MVP program along with a proper food and exercise guide can offer much more in the way of preventing many of the ravaging diseases plaguing mankind including cancer!



19. Will MVP help arthritis?



As many forms of arthritis can be attributed to reactions to specific foods, I am confident that the enzymes found in the MVP formulation are responsible for the relief of joint pains experienced by many of my past patients.

Hello, my name is Paul Clark. I have been in the ministry for over 30 years. Due to stress and wrong diet, I experienced a massive heart attack. I was hospitalized in a large hospital in Rockford, Illinois. At this time I had a death experience, at which time looking down on the room observing everyone (the nurses and the heart specialist) I heard them say we've lost him, he's dead. I understand, after working on me for about 15 minutes, I was pulled back into my body like a vacuum. I looked up and said I'm back now, and they said, yes we know, you were dead, we lost you. The next day I was informed by the cardiologist that my heart was damaged so much that I would never again drive a car or preach another sermon. After a few weeks I forced myself to travel and speak. After about 15 months of overdoing (I admit a lack of wisdom) with quite a heavy schedule, I landed up in another large hospital in Rockford, Illinois with another heart attack. This time I was told by the cardiologist that he could not help me and Mayo Clinic could not help me. This was after the 3rd angiogram, and in 6 months Christmas would be here but I would not be doing any Christmas shopping this time. As the weeks progressed I felt I was slipping and growing weaker and able to do less and less. I was referred to Dr. Kenneth Daub. He told me that he felt he could help me. After extensive tests, I think he looked at me as a challenge. It has been about 2 years now and I can do manual labor. I am still using MVP. I am alive today to tell you it works!! I had gone ahead and secured my grave lot, but now I don't expect to need it for a long time. You may ask, are there side effects? Oh yes, I'm stuck now with paying taxes, house payments, contending with parking meters. Oh, but that's alright, I'm alive and I'm really enjoying life. Before I went on Dr. Daub's program, I asked one of my doctors what he thought about the idea. He said Paul, you would be wasting your time and money, it can't work. But I said I'm dying anyway, isn't it worth a try? He said Paul, we are all dying, every day that I come to work I have one day less. I don't want to give a wrong impression, this doctor has been a friend of mine for nearly 20 years and I am not putting him down. It is simply, many doctors have not studied or do not understand nutrition. They are doing the best they can with the knowledge that they have. Three years ago, the State of Illinois put a restriction on my drivers license saying that I must wear glasses while driving. Recently, I had my license renewed and I no longer have the restriction because my eyes have improved.

Dr. Daub, I am sure glad that I made your acquaintance. I really appreciate you. Thank you, with the help of God, in saving my life. I wish I had met you sooner. I believe this program would have saved 2 men that meant so much to me, my Dad and brother, who both died with the same problem that I used to have.

*The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the prevention of disease.*

*Thomas A. Edison*



Dr. Kenneth R. Daub  
Developer of Dr. Daub's Maintenance Program

- 30 Years in Private Practice
- Began Intensive Studies Of Circulatory Diseases in 1976
- Active Member In The Society Of Non-Invasive Vascular Technology
- Conducts Professional Training Seminars For Doctors
- Frequent Guest Appearances On Both TV and Radio
- Key Speaker At Numerous Public Lectures On Nutrition And Heart Disease