

## **Paco Torrent-Guasp's Amazing Discovery: Why the Heart Works**

The simple revelations by Albert Einstein ( $E=mc^2$ ) and Sir Isaac Newton ( $F=ma$ ) have altered thinking forever. I believe the scientific discovery of Francisco ("Paco") Torrent-Guasp should join the ranks of theirs.

Many theories and assumptions about the heart have dominated medical thought over the centuries. But none could explain the entirety of how the heart functions, and importantly, what occurs when it doesn't perform correctly.

My mantra of "elegance is simplicity and confusion is complexity" is on full display as Paco demonstrated that his rope-like model of the heart contains *just three muscles* – a helix composed of two figure-eight spiral arms, and a surrounding muscular wrap. Most notably, their interactions provide the reasons behind *all* the heart's motions. This further explained that the heart does not squeeze "like a fist closing" to pump blood (as is still conventionally believed 400 years after that theory was first promoted). Instead, *it twists* to effectively and powerfully pump blood throughout the over 60,000 miles of blood vessels in our body.

Immediately astonished upon my first encountering Paco and learning of his discovery in Spain (where he unapologetically pronounced that I "knew nothing about heart structure"), I set about to confirm if his simple structural design could account for every cardiac motion. Using an extensive array of measurement tools over two years of study, my team validated all of his findings. This leads to gargantuan ramifications, as new treatments can evolve from this knowledge (six are summarized in subsequent chapters). As has been my credo, the solution to problems in the heart is to restore normality – which cannot be done unless we truly understand what normality is. With Paco's stunning discovery, we now have that answer.

Still, Paco's legendary work is fiercely opposed by traditionalists. But I am confident that Paco Torrent-Guasp's breakthrough that illuminates the heart's true structure will be recognized to be just as monumental as William Harvey's uncovering of circulation in the 1600s.

Summary of Chapter 18 from the book:

*SOLVING THE MYSTERIES OF HEART DISEASE*  
*Life-saving Answers Ignored by the Medical Establishment*  
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