The Helical Heart: Solving Heart Failure's Unanswered Puzzles

Paco Torrent-Guasp's revelation of the heart's authentic structure finally explains *why* the stretching of the heart's shape that occurs in congestive heart failure so negatively impacts cardiac function.

This stretching (dilation) during heart failure causes the heart's normal elliptical shape (like a football) to become spherical (like a basketball). This geometric alteration rearranges the heart muscle pathways so the natural helix figure-eight pattern now becomes horizontal. This explains why the spherical heart loses its normal ability to twist, which markedly reduces its contraction power, causing fatigue and breathlessness.

This is why conventional treatments that only remedy diseased narrowed arteries or leaky valves do not restore the heart's ability to function correctly. The true cause – the distorted ventricle shape – has not been fixed. Normality can only be returned by restoring the basketball shape back to a football, regardless of the condition that led to the heart failure (such as a heart attack, diseased heart muscle, or leaky valves).

Paco's helical heart clarified this and became my guide, leading to a new procedure called "Pacopexy" that was successfully performed in patients who had a heart attack, diseased heart muscle, or leaky valves. All achieved functional improvement that could not have been possible without using ventricular restoration to rebuild normality.

Summary of Chapter 20 from the book:

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