

HEALTHY HEART HABITS FOR A LONG, VITAL LIFE

Remember, *organic live foods make live people. You are what you eat, drink, breathe, think, say and do.* So eat a low-fat, low-sugar, high-fiber diet of organic whole grains, fresh salads, sprouts, organic greens, vegetables, fruits, raw seeds, nuts, fresh juices and chemical-free, purified or distilled water.

Earn your food with daily exercise, for regular exercise, power walking, etc. improves your health, stamina, go-power, flexibility, endurance and helps open the cardiovascular system. Only 45 minutes a day truly can do miracles for your heart, arteries, mind, nerves, soul and body! You become revitalized with new zest for living to accomplish your life goals!

We are made of tubes. To help keep them open, clean and to maintain good elimination, add 1 tsp psyllium husk powder or oat bran daily – hour after dinner to juices, herbal teas, even Bragg Vinegar Drink. Another way to guard against clogged tubes daily is to add 1-2 tpsps soy lecithin granules (*fat emulsifier-melts like butter*) over potatoes, veggies, soups and to juices, etc. Also take one cayenne capsule (40,000 HU) daily with a meal. Take 50 to 100 mgs regular-released niacin (B-3) with one meal daily to help cleanse and open the cardiovascular system, also improves memory. Skin flushing may occur, don't worry about this as it shows it's working! After cholesterol level reaches 180, then only take niacin twice weekly.

The heart needs healthy balanced nutrients, so take natural multi-vitamin-mineral food supplements, Omega-3 & extra heart helpers – mixed vitamin E, C, CoQ10, MSM, D-Ribose, selenium, zinc, beta carotene & amino acids, L-Carnitine, L-Taurine, L-Lysine & Proline. Folic acid, CoQ10, B6 & B12 helps keep homocysteine level low. Magnesium Orotate, Hawthorn Berry extract brings relief for palpitations, arrhythmia, senile hearts & coronary disease. Take bromelain (from pineapple), multi-digestive enzyme & probiotics with meals – aids digestion, assimilation & elimination.

For sleep problems try 5-HTP Tryptophan (an amino acid), melatonin, calcium, magnesium, valerian in caps, extract or tea, Bragg vinegar drink & sleepytime herb tea. For arthritis or joint pain/stiffness, try aloe juice or gel, Braggzyme, glucosamine - chondroitin - MSM combo caps & roll-on, helps heal & regenerate. Capsaicin & DMSO lotion helps relieve pain.

Use amazing antioxidants – natural vitamin mixed E, C, Quercetin, grapeseed and grapefruit extract, CoQ10, selenium, SOD, Resveratrol, Alpha-Lipoic Acid, etc. They improve immune system and help flush out dangerous free radicals that cause havoc with cardiovascular pipes and health. Research shows antioxidants promote longevity, slows ageing, fights toxins and helps prevent disease, cancer, cataracts, jet lag and exhaustion.

Recommended Blood Chemistry Values

- **Diabetic Risk Tests:** • **Glucose:** 80-100 mg/dl • **HemoglobinA1c:** 7% or less
- **Homocysteine:** 6-8 μ mol/L
- **CRP (C-reactive protein high sensitivity):**
lower than 1 mg/L low risk, 1-3 mg/L average risk, over 3 mg/L high risk
- **Total Cholesterol:** Adults: 180 mg/dl is optimal; Children: 140 mg/dl or less
- **HDL Cholesterol:** Men: 50 mg/dl or more; Women: 65 mg/dl or more
- **HDL Cholesterol Ratio:** 3.2 or less • **Triglycerides:** 100 mg/dl or less
- **LDL Cholesterol:** 100 mg/dl or less is optimal
- **Blood Pressure:** Below 120 over 70 mmHg is considered optimal for adults