

Welcome!!!
Just hang On :o)
Our meeting will start soon.



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Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment!

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products. I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them...

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.


If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



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Symptoms of a stroke

- Numbness or weakness in face, arm or leg
- Trouble speaking or understanding
- Unexplained dizziness
- Blurred or Poor vision in one or both eyes
- Loss of balance
- Difficulty swallowing
- Severe, abrupt headache
- Confusion
- Unconsciousness



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Stroke USA's #3 Killer

F—FACE: Ask the person to smile. Does one side of the face droop?

A—ARMS: Ask the person to raise both arms. Does one arm drift downward?

S—SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?


T—TIME: If you observe any of these signs, call 9-1-1 immediately.



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Types of Stroke


1. Hemorrhagic Stroke (the vessel leaks or ruptures, causing blood to leak into the brain) 17%



Health of Blood Vessels

Vitamin C → Bioflavinoids → Rutin
Natural Sodium
Adequate amount of Fats or Cholesterol
Vitamin E
Vitamin A & D

COPPER



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TIA's Transient Ischemic Attacks

\ is- kē-mēc \

Blood Clot

Plaque

Bacteria

Understanding the Connection

Plaque or Clot can get clog a blood vessel stopping blood flow

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Stroke and Heart Attack Prevention

Types of strokes (cont.)
Ischemic Stroke
(the vessels clogs)

- Blood clot
- Plaque
- Bacteria

Care and Feeding of the Brain

<p>DO's</p> <p>Fatty Acids and Cholesterol 70% (natural health thinners)</p> <p>Capsicum (helps circulation and helps prevent bleeding)</p> <p>Vitamin C, A, D and E</p> <p>NOURISH THE LIVER</p> <p>Butter, eggs</p> <p>Niacin</p> <p>Gingko</p> <p>Water</p>	<p>DON'Ts</p> <p>Inhale impurities</p> <p>Take unnecessary chemicals</p> <p>pH imbalance</p> <p>Use excessive NaCl</p> <p>Let A fib or High Blood Pressure go untreated</p>
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Symptoms of a Heart Attack

USA's #1 Killer

- Chest discomfort
- Discomfort in upper body especially arms, neck or jaw
- Shortness of breath
- Cold sweats
- Nausea
- Trembling feeling in legs
- Confusion
- Unconsciousness
- Death

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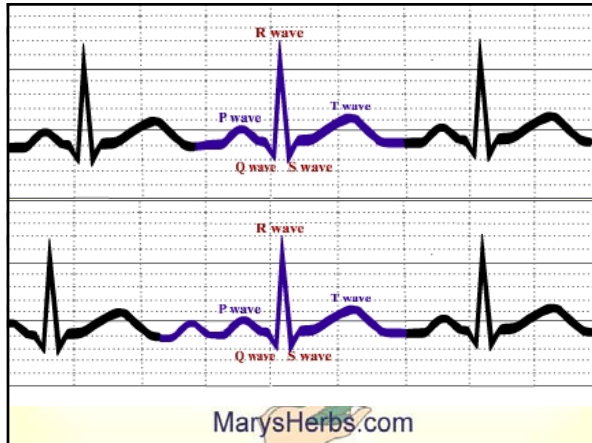
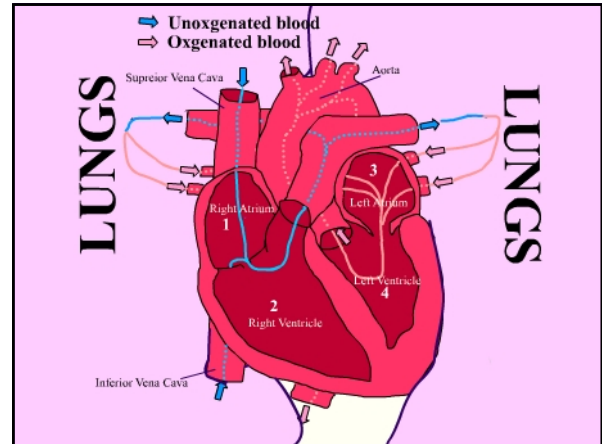
Causes of Heart Attack

1. Coronary emboli
From a Clot or a mass of bacteria

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Preventing Blood Clots

- Liver function / Triglycerides
- Liver function / Lack of Vitamin E
- Inherited liver disease
- Arterial Fibrillation

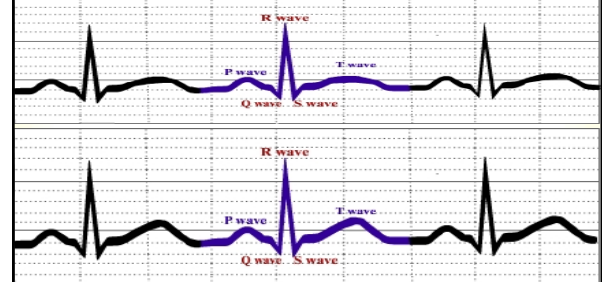


Arrhythmia

Magnesium/Potassium balance

A fib – lacking Magnesium

Low T wave – Lacking Potassium



Lacking Magnesium

- Crave Chocolate
- Crave Coffee
- Heart flutters
- Cool legs and buttocks
- Calcium deposits



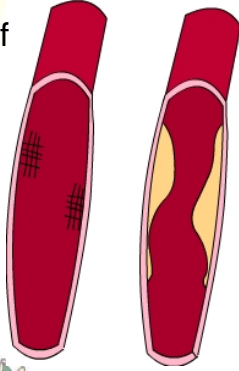
Lacking Potassium

- Crave Potato Chips
- Retain Water
- High Blood Pressure
- Bags under eyes
- Tachycardia
- Poor Kidney Health
- Fluid in Lungs / Congestive Heart Failure
- Anxiety or Adrenal Problems



The REAL Cause of Plaque Build Up

2. Plaque
Inflammation
Lack of Rutin
- pH imbalance
 - Sugar intake
 - Dehydration



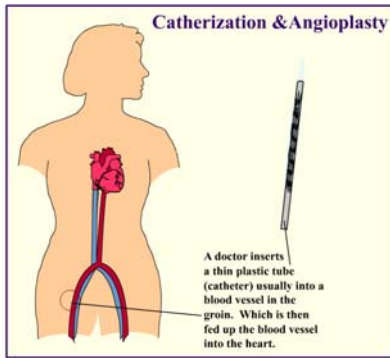
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3. Hardening of Blood Vessels

- NaCl (salt)
- Sodium Bicarbonate
- Lack of Sodium
- High Blood Pressure
- pH imbalance
- Tannic Acid
- Tobacco Products
- Dehydration

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Medical Tests

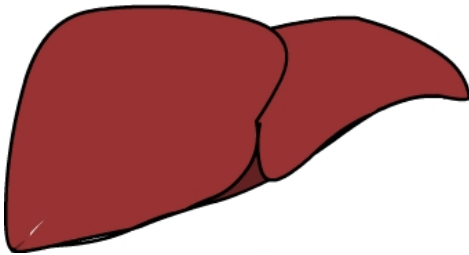


Care and Feeding of the Heart

DO's	DON'Ts
Calcium	Homogenized or Pasteurized Milk
Magnesium	Abuse NaCl intake
Potassium	Ignore symptoms
CoQ10 (70)	Be inactive
Hawthorn	Carry excess weight
L-carnitine	Take Statin Drugs
Keep triglycerides down	Use Canola or Margarine
Support the liver	Release or avoid stress
Vitamin E	pH imbalance
Mega-Chel	
Chickweed	

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The Liver Causes Heart Attacks by Dr W.P. Neufeld, MD



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4. Anaphylaxis

- Allergy
- Liver
- Trapped Chi



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The Liver Causes Heart Attacks

W.P. Neufeld, MD

Severe spasm of the coronary artery (believed to be by an type of anaphylaxis)

Work with liver and allergies

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Care and Feeding of the Liver

DO's

- Eat Bitter foods
- Asparagus, zucchini and dandelion
- Liver Cleanse
- Eat a healthy diet
- Keep Bowels and other eliminating systems working at peak performance
- Milk Thistle
- Whole grains
- Raw Vegetables and fruits (enzymes and fiber)

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Care and Feeding of the Liver

Don'ts

- Prescription drugs (by patches, pills, liquid or shots)
- OTC drugs
(Especially tylenol type drugs)
- Recreational drugs (Cigarettes, alcohol and illegal drugs)
- Antifungal drugs
- Formaldehyde (found in foam rubber, plastic wrap, rugs, dyes and cloth)
- Aerosol sprays and cleaners
- Bug sprays
- Paints
- Lice shampoos
- Tattoos & body paints
- Food additives, flavorings and preservatives
- Insecticides & herbicides

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Article Discussion Read Edit Search

List of additives in cigarettes

From Wikipedia, the free encyclopedia

This is the list of 699 additives in cigarettes submitted to the United States

Approximately 60 of the chemicals in cigarettes are known to cause cancer

Benzene
Benzene can be found in pesticides and gasoline. It is present in high levels in cigarette smoke and accounts for half of all human exposure to this hazardous chemical.

Pesticides
Pesticides are used on our lawns and gardens, and inhaled into our lungs via cigarette smoke.

Formaldehyde
Formaldehyde is a chemical used to preserve dead bodies, and is responsible for some of the nose, throat and eye irritation smokers experience when breathing in cigarette smoke.

Chemicals in Cigarettes Cont.

- **Arsenic**
Commonly used in rat poison, arsenic finds its way into cigarette smoke through some of the pesticides that are used in tobacco farming.
- **Cadmium**
Cadmium is a toxic heavy metal that is used in batteries.
- **Ammonia**
Ammonia compounds are commonly used in cleaning products and fertilizers. Ammonia is also used to boost the impact of nicotine in manufactured cigarettes.
- **Carbon Monoxide**
Carbon monoxide is present in car exhaust and is lethal in very large amounts. Cigarette smoke can contain high levels of carbon monoxide.
- **Hydrogen Cyanide**
Hydrogen cyanide was used to kill people in the gas chambers in Nazi Germany during World War II. It can be found in cigarette smoke.

http://en.wikipedia.org/wiki/List_of_additives_in_cigarettes

Care and Feeding of the Liver

Don'ts (cont)

- Virus (Especially B & C although there is A – G (F being man made) and Mononucleosis)
- Fats (margarine the worse offender) and supplements A, D, E, flaxseed oil, olive oil, coconut oil, Evening primrose oil, Hemp oil, Krill oil, Omega 3 Fish oils, Borage oil, Black currant oil, etc. taken without a protein.
- Too many carbohydrates
- Environmental toxins, including inorganic copper and heavy metals
- Lack of Iron, B-12, copper, lecithin, Fiber and UV light
- Working the grave yard shift 11 PM till 7 AM

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Ignore Your Good Health Long Enough and Maybe it Will Go Away



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