

Disclaimer

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



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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.



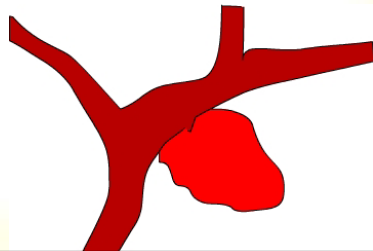
Symptoms of a stroke

- 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



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

COPPER?



TIA's Transient Ischemic Attacks

\ is- 'kē-mēc \



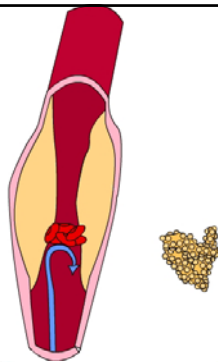
Blood Clot



Plaque



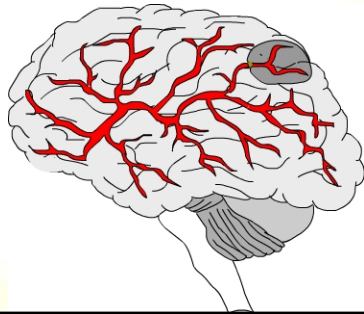
Plaque or
Clot can get
clog a blood
vessel
stopping
blood flow



Stroke and Heart Attack Prevention

Types of strokes
(cont.)

Ischemic Stroke (the vessel clogs) 83%
Blood clot
Plaque



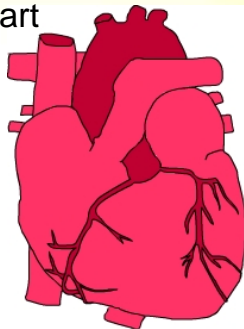
Symptoms of a Heart Attack USA's #1 Killer

- 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

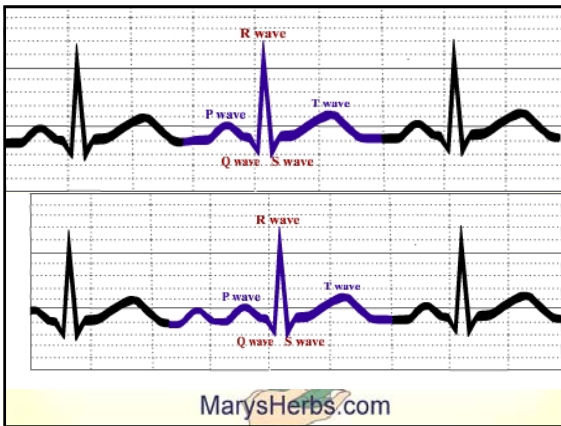


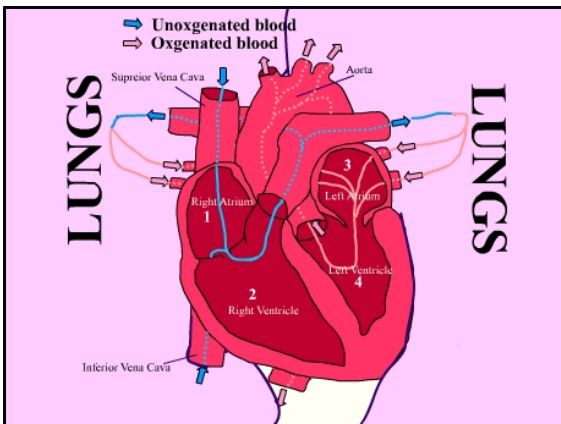

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Preventing Blood Clots

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

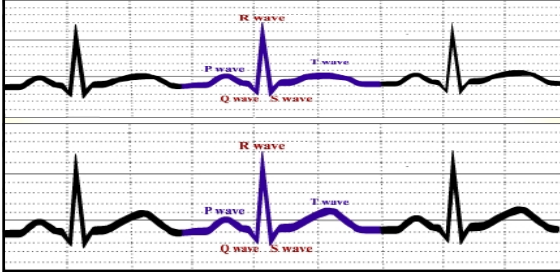






Arrhythmia

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


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Lacking Potassium

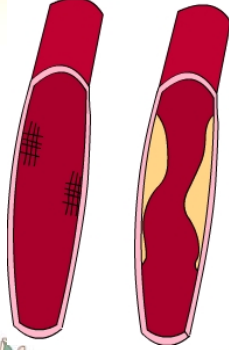
- Crave Potato Chips
- Retain Water
- High Blood Pressure
- Bags under eyes
- Tachycardia
- Poor Kidney Health
- Fluid in Lungs / Congestive Heart Failure
- Anxiety or Adrenal Problems




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2. Plaque
Inflammation
Lack of Rutin


pH imbalance
Sugar intake



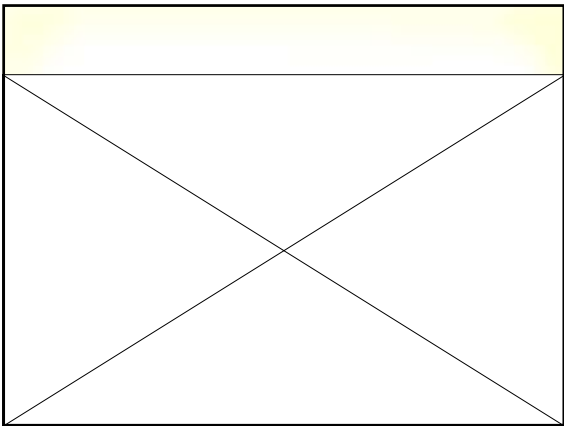
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3. Hardening of Blood Vessels

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




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4. Anaphylaxis


Allergy
Liver
Trapped Chi



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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 Brain

<p>DO's</p> <ul style="list-style-type: none"> •Fatty Acids and Cholesterol 70% (natural health thinners) •Capsicum (helps circulation and helps prevent bleeding) •Vitamin C, A, D and E •NOURISH THE LIVER •Butter, eggs •Niacin •Gingko •Water 	<p>DON'Ts</p> <ul style="list-style-type: none"> •Inhale impurities •Take unnecessary chemicals •pH imbalance •Use excessive NaCl •Let A fib or High Blood Pressure go untreated
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Care and Feeding of the Heart

DO's

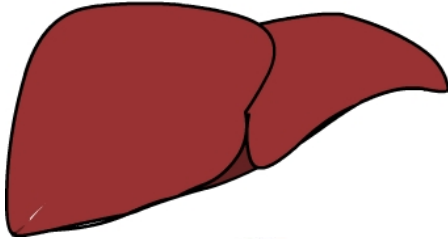
- Calcium
- Magnesium
- Potassium
- CoQ10 (70)
- Hawthorn
- L-carnitine
- Keep triglycerides down
- Support the liver
- Vitamin E
- Mega-Chel
- Chickweed

DON'Ts

- Homogenized or Pasteurized Milk
- Abuse NaCl intake
- Ignore symptoms
- Be inactive
- Carry excess weight
- Take Statin Drugs
- Use Canola or Margarine
- Release or avoid stress
- pH imbalance

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



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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)

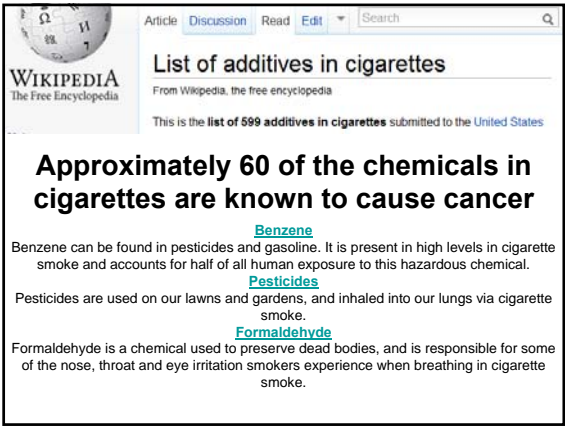
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Care and Feeding of the Liver

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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List of additives in cigarettes

From Wikipedia, the free encyclopedia

This is the **list of 599 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

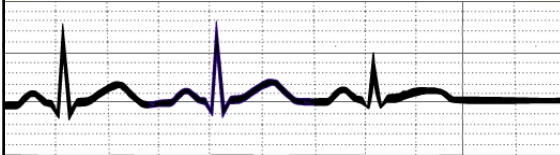
Environmental toxins, including inorganic copper and heavy metals

Lack of Iron, B-12, copper, lecithin, Fiber and UV light

Working the grave yard shift 11 PM till 7 AM



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



QUESTIONS?



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