The Circulatory System

Heart Disease
Cardiovascular Disease refers to any disorder or condition of:
- the heart, including coronary heart disease
- hypertension
- congenital heart disease
- disorders of the heart valves
- heart infections and heart arrhythmias

Lots of things can go wrong in such a large system
- The Heart
- The Blood
- The Tubing

Cardiovascular Disease Statistics
An approximately 81,100,000 people suffer from at least one form.

- High Blood Pressure 73,600,000
- Coronary Heart Disease 17,600,000
- Angina Pectoris 10,200,000
- Heart Attack 8,500,000
- Stroke 6,400,000
- Heart Failure 5,800,000
Did You Know?

- In the United States, someone has a heart attack every 34 seconds.
- Cardiovascular disease and stroke cost the United States $503 billion in 2010.
- This year an estimated 1.26 million Americans will have a heart attack.
- Heart disease is the leading cause of death for both men and women.

Heart Disease

- The “first doctor recognizable” symptom is usually angina pectoris (chest pain) or heart attack.
- C-Reactive Protein Test
- Homocystine Test
- pH test
- Triglycerides ideal under 150

Ideal Cholesterol Ratio…
3:5:1
HDL:LDL:VLDL

Did You Know?

- Skimping on sleep may increase your risk of coronary heart disease.
- In a 2008 study, researchers noted that each additional hour of sleep was associated with a 33% reduced risk of coronary artery calcification, a predictor of coronary heart disease.

Heart Weakness

Possible Enlarged Heart
Take Pulse ~ Hold Breath
Hawthorn Berries

Did You Know?
- The blood vessels of the human circulatory system total an incredible 60,000 miles in length.
- The average blood cell makes a round trip through the body's arteries and veins every 60 seconds and can hit speeds of up to 10 mph.
- In one day, your blood travels nearly 12,000 miles.
- In order to meet the body's energy demands, the heart must beat more than 100,000 times per day.
- The heart pumps your six quarts of blood around your body 500 times a day.
Circulatory System Tubes

- Arteries
- Arterioles (Ar tear’ e oles)
- Capillaries
- Venules
- Veins

Capillaries:
Smallest of the body’s blood vessels (walls are only one cell thick), which enable the interchange of water, oxygen, carbon dioxide, nutrients and waste products from the blood and surrounding tissues.

Arteries Help Propel Blood

- Because arteries transport under high pressure, they have walls that are much more elastic than veins. The arteries pulsate as a result of the force with which the heart pumps new blood into them.
- Blood in the veins move slowly due to low pressure.

Veins

- Venules: Small blood vessels that drain deoxygenated blood from the capillary beds and return it to the veins.
- Veins: Valved vessels that transport oxygen-poor blood and waste products back to the heart.
Venus Congestion

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

Repairs:

Veins & Arteries
Symptoms of a Heart Attack

• Chest discomfort
• Discomfort in upper body especially arms, neck or jaw
• Shortness of breath
• Sweating easily on exertion
• Cold sweats
• Nausea
• Trembling feeling in legs
• Confusion
• Unconsciousness
• Death
• Smoke and take a pill

Arrhythmia

Magnesium/Potassium balance
A fib – lacking Magnesium
Low T wave – Lacking Potassium

Symptoms of Magnesium Deficiency

• Crave Chocolate
• Crave Coffee
• Heart flutters
• Cool legs and buttocks to touch
• Calcium deposits
• Constipation

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
Preventing Blood Clots
Liver function / Triglycerides
Liver function / Lack of Vitamin E
Inherited liver disease
Atrial Fibrillation

Heart
Artery Narrowing

Emotion of the Heart
Feeling of love lost either jilted, circumstance or loss.

Cholesterol Sodium Ring
Compromised arteries which can effect the heart

Plaque Build-up
Inflammation
Lack of Rutin
**Care and Feeding of the Heart**

DO's
- Calcium
- Magnesium
- Natural Sodium
- Potassium
- CoQ10 (70)
- Hawthorn Berries
- L-Carnitine
- Keep triglycerides down
- Support the liver
- Vitamin E
- Mega-Chel
- Chickweed

DON'Ts
- Homogenized or Pasteurized Milk
- Excessive Salt (NaCl) intake
- Ignore symptoms
- Carry excess weight
- Take Statin Drugs
- Stress
- pH imbalance
- Ignore High Blood pressure
- Use Canola or Margarine

**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
- TIA's Transient Ischemic Attacks
- Unconsciousness

**Types of Stroke**

1. **Hemorrhagic Stroke** (the vessel leaks or ruptures, causing blood to leak into the brain) 17%
   - Vitamin C → Bioflavinoids → Rutin
   - Copper → Liver → Dandelion
   - Natural Sodium
   - Adequate amount of Fats or Cholesterol
   - Vitamin E
   - Vitamin A & D

2. **Ischemic Stroke**
   - Blood Clot
   - Plaque
   - Bacteria
   - If any of these block the blood vessel of the heart it can cause a heart attack or in the brain it can cause a stroke
Stroke and Heart Attack Prevention

Ischemic Stroke (the vessel clogs) 83%
Caused By:
- Blood clot
- Plaque
- Bacteria

Care and Feeding of the Brain

**DO's**
- Fatty Acids and Cholesterol (70% natural blood thinners)
- Capsicum (helps circulation and helps prevent bleeding)
- Vitamin C, A, D and E
- Butter, eggs
- Niacin
- Gingko
- Water
- NOURISH THE LIVER

**DON'Ts**
- Inhale impurities
- Take unnecessary chemicals
- pH imbalance
- Use excessive NaCl
- Let A fib or High Blood Pressure go untreated

Arcus Senilus
Redwash - Heart

Physical Heart outside

Emotional Heart inside

Red wash physical heart always in outside sclera

Outside = Physical Heart

Inside = Emotional Heart

Care and Feeding of the Brain and Heart

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

Heart Attack or Anaphylaxis
Allergy
Liver
Trapped Chi
Severe spasm of the coronary artery (believed to be a type of anaphylaxis)
Work with liver and allergies

Care and Feeding of the Liver
DO’s
• Eat Bitter foods
• Asparagus, zucchini and dandelion
• Liver Cleanse Formula
• 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)

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
Care and Feeding of the Liver

DON'Ts (cont)

- Hepatitis Virus (Especially B & C although there is A – G (F being man made) and Mononucleosis
- Fats and any oil supplement taken without a protein 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.
- Margarine is the worse offender
- Too many carbohydrates
- Environmental toxins, including inorganic copper and heavy metals
- Lack of Iron, B-12, copper, lecithin, Fiber and UV light
- Working the graveyard shift 11 PM till 7 AM

Hypothesis: Cholesterol can safely be and NEEDS to be above 200.

- Literary Review
  - 38,600 Google search “Cholesterol Myth” 2004
  - 1,120,000 Google search “Cholesterol Myths” Jan 2007
- Re-Oiling America Lectures NSP
- http://www.THINCS.org The International Network of Cholesterol Skeptics

Healthy Food Pyramid

http://www.nasa.gov

http://www.hsph.harvard.edu
MYTH Lowering Cholesterol will lengthen your life.

Fact: You are twice as likely to die of heart failure if your cholesterol is below 129 then you are if your cholesterol is over 223.

Fact: Centurions who were studied that are active and have clear minds all have cholesterol over 250 and many up to 400.

1965 Study on Fats

Patients who had already had a heart attack divided into 3 groups:
- Polyunsaturated Corn Oil
- Monounsaturated Olive Oil
- Saturated Animal Fats

1. Corn Oil Group had 30% lower cholesterol but only 52% alive after 2 years
2. Olive Oil Group had 57% alive after 2 years
3. Animal Fat Group had 75% alive after 2 years

Source: British Medical Journal 1965

Interesting Thoughts To Put Information Into Perspective

- Cholesterol forms in arteries but not veins
- (inflammation) C-reactive protein
- Plaque is the Repair Cement for arteries
- It is believed that dehydration, sugar crystals and thick or acidic blood cause abrasions and minute tears in the lining of the arteries. Cholesterol protects and patches these arterial weaknesses.

Health of the Blood Vessels

As the heart pumps little valves open in the veins. When the heart rests between beats these valves close to keep the blood in place. If not all the blood would settle back down toward the feet.

If some of these valves do not close properly, the blood from the upper chamber will leak down into the lower chamber causing the vein to varicose or stretch out of shape.
Chelation

Atherosclerosis
• As we age, cholesterol, calcium, and other minerals accumulate on the inside lining of our blood vessels and, over time, clog them.

Atherosclerosis and Arteriosclerosis

Arteriosclerosis
• Because of plaque or mineral build up or baking soda or salt, tobacco use or lack of cholesterol and fats the arteries become stiff and hardened, losing its elasticity.

What is the Underlying Cause?
• The underlying cause is, almost without exception, inflammation.
• As we continue, we are looking for ways to reduce inflammation.
• Reduce inflammation and you reduce the risk of cardiovascular disease.

Lifestyle Changes for Heart Health
• Aim for a healthy weight
• Normalize pH
• Cut out Sugar
• Consume a heart healthy diet
• Drink more water
• Eat more fiber
• Sufficient Sodium/Potassium, Magnesium and Calcium
• Exercise regularly (Aerobic)
• Get sufficient sleep
• Stop smoking
• Manage stress

Why Do Cholesterol Levels Go Up?
• Stress ~ To repair myelin and brain during times of stress
• Pregnancy ~ To help the development of the baby’s brain and nervous system
• Breastfeeding
• Fighting infection or cancer
• To heal the heart and blood vessels

Natural Alternative To Statin Drugs
• Liver Cleanse
• Thai-go
• Vitamin E with Selenium
• pH Balanced diet
• Omega Oils
• Red Rice Yeast
• CucuminBP
Where Do I Start?

- Nourish your cardiovascular system
  - Omega-3 Fish Oil
  - Vitamins C, E, and other nutrients.
  - Coenzyme Q10
  - Soluble Fiber
- Clean out your arteries
  - Mega Chel

Statin Drugs also Contribute to Heart Disease, for example:

- Co-Q10 helps produce cellular energy and acts as an antioxidant.
- It also supports optimal-range blood pressure levels.
- As an antioxidant, Co-Q10 scavenges free radicals, protects cardiac cells and promotes the regeneration of Vitamin E, another heart-healthy antioxidant.

The Dirty Dozen

- The order in which I discuss these cardiac risk factors has no relevance as to which is more dangerous than the other.
- It does not matter if the fatal heart attack is caused by high cholesterol, low HDL, or excess glucose—the end result may be the same, unless all of these risk factors are brought under control.

Heart Attack Risk Factors

- Risk Factor #1, #2:
  - Excess Oxidized LDL and Total Cholesterol
- Solutions:
  - Soluble Fiber
  - Loclo or Nature’s Three
  - Cholester-Reg
  - Red Yeast Rice
  - Coenzyme Q10

Heart Attack Risk Factors

- Risk Factor #3:
  - Low HDL
- Solutions:
  - Super Omega 3 EPA
  - Exercise

Heart Attack Risk Factors

- Risk Factor #4:
  - Excess Glucose and Excess Insulin
- Solutions:
  - Carbo Grabbers
  - SugarReg
  - Coenzyme Q10
  - Diet
Heart Attack Risk Factors

• Risk Factor #5:
  – Excess Homocysteine

• Solutions:
  – Cardio Assurance
    • Folic Acid
    • Vitamin B12
    • Trimethylglycine (TMG)
    • Vitamin B6

Heart Attack Risk Factors

• Risk Factor #6:
  – Excess C-Reactive Protein (CRP)

• Chronically elevated CRP indicates you are suffering from a continuous systemic inflammatory state (possible autoimmune)

• Solutions:
  – Thai-Go, Super ORAC
  – Super Omega 3 EPA

Heart Attack Risk Factors

• Risk Factor #7:
  – Insufficient Vitamin D

• Findings released last year show that men with low Vitamin D levels suffer more than twice as many heart attacks as those with normal levels.

• Solutions:
  – Vitamin D3

Heart Attack Risk Factors

• Risk Factor #8:
  – Elevated triglycerides

• Triglycerides are fats in the blood, made by your own liver, from excessive or poorly digested carbohydrates

• Solutions:
  – Super Omega 3 EPA
  – Carbo Grabbers
  – Diet

Heart Attack Risk Factors

• Risk Factor #9:
  – Low EPA/DHA

• Scientists long ago documented that those who ingest high levels of EPA/DHA from coldwater fish have markedly lower heart attack rates

• Solutions:
  – Super Omega 3 EPA

Distilled Water Flush

Triglycerides over 10,000

Mary’sHerbs.com
**Heart Attack Risk Factors**

- **Risk Factor #10:**
  - Nitric Oxide Deficit
  - Nitric Oxide is required for healthy inner arterial wall function
  - Enables arteries to expand and contract with elasticity
  - Protects against atherosclerosis

**Solutions:**
- Solstic Cardio

**Heart Attack Risk Factors**

- **Risk Factor #11:**
  - Excess Fibrinogen
  - Blood Clots kill more than 600,000 Americans each year
  - Fibrinogen is a component of blood involved in the clotting process

**Solutions:**
- Nattozimes Plus
- Super Omega 3 EPA

**Heart Attack Risk Factors**

- **Risk Factor #12:**
  - Hypertension
  - High blood pressure causes hundreds of thousands of Americans to needlessly die each year
  - HBP is not a disease, but a SYMPTOM that something is blocking the flow of blood to the extremities

**Solutions:**
- Blood Pressurex
- Parsley

**Poor Circulation**

**Circulatory System Solutions**

- Ginkgo and Hawthorne Combination: Ginkgo is traditionally known to increase circulation and has antioxidant properties that support cardiovascular health. Hawthorn berries contain flavonoids and other compounds that may benefit the heart, and may increase the efficiency of nerve impulses to and protect against oxygen deprivation of the heart muscles.

- CoQ10 50mg: helps produce energy at a cellular level and acts as an antioxidant. This ingredient is shown to protect cardiac cells and to promote the regeneration of vitamin E, another heart-healthy antioxidant. CoQ10 can also help maintain blood pressure levels already in the normal range.

- Super Omega 3-EPA: provides essential fatty acids free and good for the heart. Among a host of other benefits, supportive evidence suggests that EPA and DHA fatty acids can reduce the risk of coronary heart disease.
Summary

• For reasons that relate to apathy and ignorance, along with drug company propaganda, the majority of people are walking around with a time bomb (coronary atherosclerosis) ticking in their chests.
• Many are doing nothing to prevent heart attacks.

The Bottom Line

Virtually No One Should Be Having Heart Attacks Today!
PREVENTION IS THE ANSWER
Ignore Your Good Health Long Enough and Maybe it Will Go Away

MarysHerbs.com