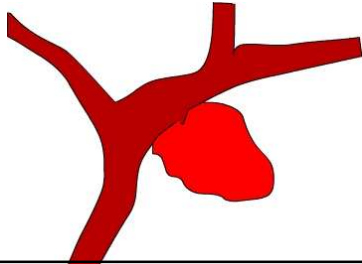


Symptoms of a stroke
#3 Killer

- 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

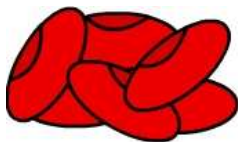
Types of Stroke

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

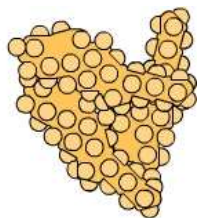


Health of Blood Vessels

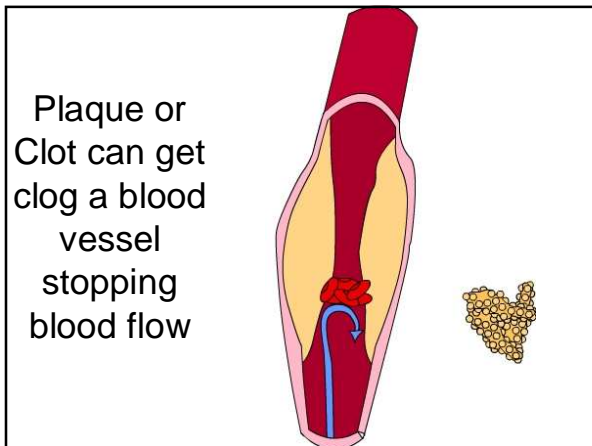
- Vitamin C → Bioflavinoids → Rutin
- Natural Sodium
- Adequate amount of Fats or Cholesterol
- Vitamin E
- Vitamin A & D

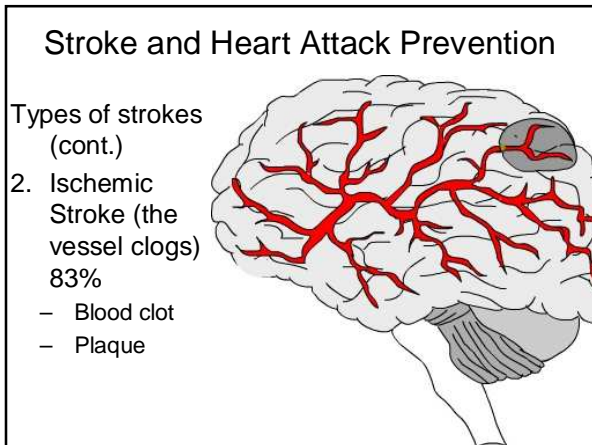


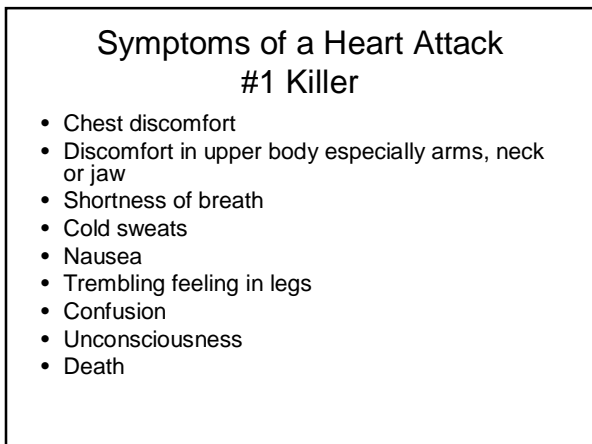
Blood Clot



Plaque

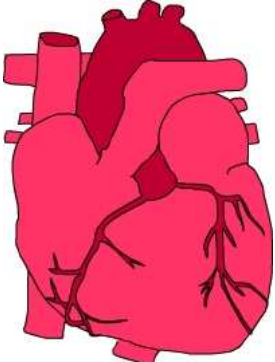






Causes of Heart Attack

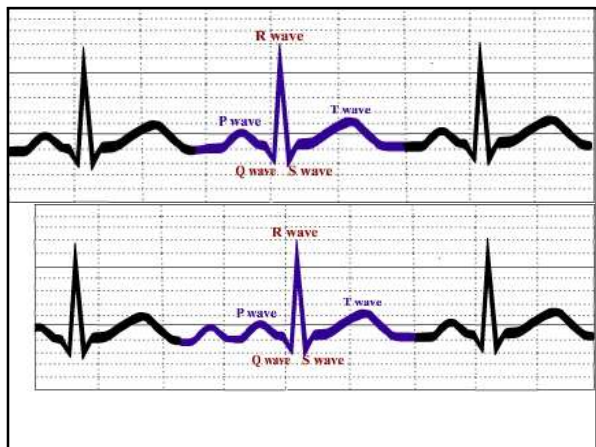
1. Coronary emboli
From a Clot or a mass of bacteria

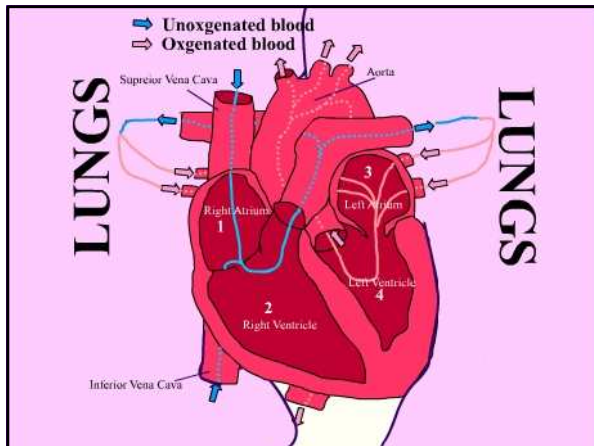


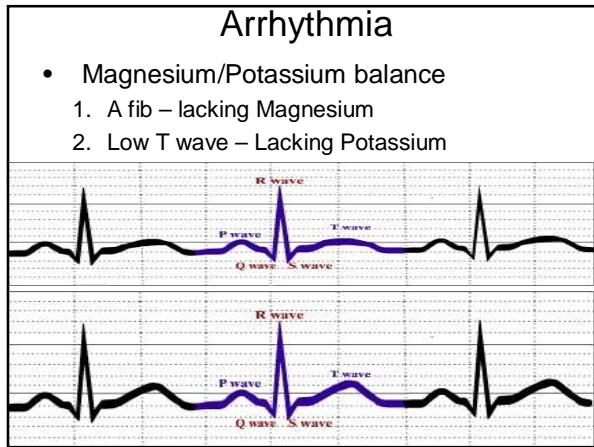
Preventing Blood Clots

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

- Atrial Fibrillation







Lacking Magnesium

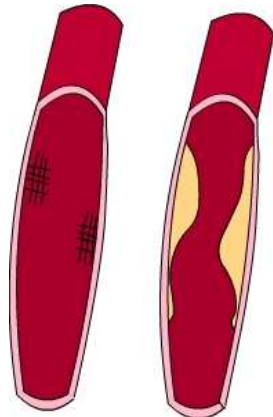
- Crave Chocolate
- Crave Coffee
- Heart flutters
- Cool legs and buttocks
- Calcium deposits

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

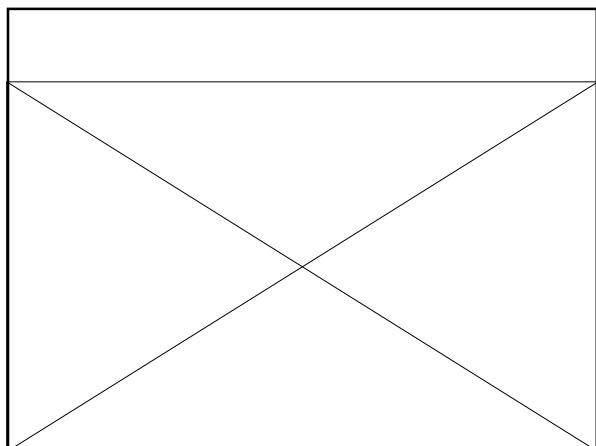


- 2. Plaque
 - Inflammation
 - Lack of Rutin



3. Hardening of Blood Vessels

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



4. Anaphylaxis

- Allergy
- Liver
- Trapped Chi

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

Work with liver and allergies

Care and Feeding of the Brain

DO's

- 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

DON'Ts

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

Care and Feeding of the Heart

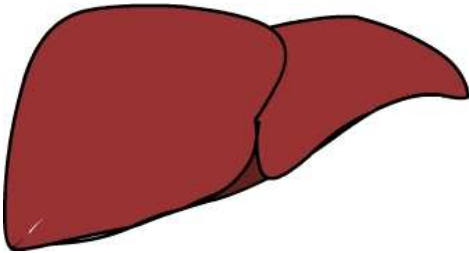
DO's

- 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

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



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)

Care and Feeding of the Liver DONT's

- 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 DONT's (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

