

## Turning up the Heat on Heart Disease

Most of the problems concerning the heart stem from arterial inflammation and blockages. Arterial inflammation is responsible for heart attacks, arrhythmias, high blood pressure, blockages, spasms, and other serious issues with the heart. The problem is compounded by a lack of nutrition to the heart, the blood, and tissues of the body, making the work of the heart more difficult. Added to that is the leaky gut syndrome, which affects the composition of the blood, further contributing to the risk of heart attacks and stroke.

Is there a way we can find our way back out of this terrible dilemma?

TESTIMONIAL: A friend and customer of mine had a massive heart attack. She was air lifted to a local hospital. Tests revealed she was suffering from an almost 100% blockage of the artery that is many times referred to as “the widow maker.” Two other arteries were almost completely blocked as well. Her doctor insisted that she needed immediate open heart surgery. But she was reluctant to undergo open heart surgery. She asked her doctor if he would support her in using natural remedies. His response was a definite “No”. He said, “I have been a doctor for 40-plus years. If there were a way to heal the arteries naturally, I would know it.” At this point, I visited my friend in the hospital as she and her husband were contemplating going to a lifestyle center. I encouraged them to at least try Dr. Christopher’s detox Incurables Program. They agreed that they would talk again to the doctor and see if he would support this. We prayed about it and then later she approached her doctor again who finally agreed to allow her to leave the hospital without open heart surgery. She was given an appointment to return in just 15 days to undergo a stress treadmill test. So she had only 15 days to make a measurable difference in her arteries. Was it even possible?

She was ready to give it her all!! So she stopped by our place of business on her way home from the hospital to purchase a Detox kit, and then that very day she began a juice fast. For 15 days she turned the heat up on her detox program. Day #15 finally came, and she returned to the hospital to complete the stress treadmill test. After she completed it, her doctor came into the room where she was waiting, and he was all smiles. He said, “I have NO idea what you have been doing over the last 15 days, but whatever it is, keep doing it. I no longer recommend open heart surgery.” He went on to tell her that if she remained on the same program she had been on, she would be medication-free (diabetes, heart disease meds) within six months. Time to sit back and worship the Lord in praise and gratitude. And this we did. “Wow, Lord! You’re a miracle worker!” It took a little bit of work and faithful diligence, but the main thing is, “it paid off!!!” God blessed in the use of His natural remedies!

For those who find themselves, like my friend, right in the heart of Syndrome X, I would like to make some recommendations that will encompass the not-so-serious to the very serious conditions. These remedies will not only prevent, but they work with the body to create its own healing miracle. The following list is given in order of what I believe to be the most important as well as an overall good place to start. Deepen your healing measures by going all the way to the end. Here goes!!

Cayenne Pepper --Circulatory stimulant and arterial dilator. History tells us that many people have halted a heart attack in progress. I personally have witnessed three miraculous incidents over the last three years. Always carry a bottle of liquid tinctured cayenne pepper with you. Once customer took a large dosage just before going to the ER, and when he got to the ER, his blood pressure had gone down significantly.

Garlic--The best natural blood thinner I know of. Lowers cholesterol and blood pressure. Plus, it has many other wonderful healing properties such as a broad-spectrum natural antibiotic.

Hawthorne berries--Known for rebuilding the heart muscle. Use it as a tea or in a dried superfood each day and use it in a complete formula.

Juice Fast--The fast track to health. A juice fast flood your body with nutrition and super charges the immune system. Consult [highwaytohealth.us](http://highwaytohealth.us) for assistance in a cleanse.

Heart Rescue--You can find this formula at [highwaytohealth.us](http://highwaytohealth.us). A formula is a rounded-out combination of healing constituents that rounds out and maximizes a person's healing success.

Turmeric--Anti-inflammatory

Eliminate--Mucous forming foods: sugars, particularly wheat (which is hybridized today and now measures 10 points higher on the glycemic index than sugar). Substitute spelt bread or a gluten-free bread.

Exercise to strengthen the heart--There is a saying that goes like this..."It's better to eat poorly and exercise than it is to eat healthy and not exercise". Not sure how true that is, but it is definitely important to heart health and strengthening the heart. Work up to walking five miles a day. But start slowly. Your doctor will most likely recommend this very thing.

Let the noon meal be your last meal of the day. It takes a lot of stress off your heart to go to bed on an empty stomach. It may take some getting used to in the beginning, but it's a good habit that gets easier with time.

Arrhythmia – A) Let your last meal of the day be the noon meal. B) Take digestive enzymes with your meals, particularly one with hydrochloric acid to help digest your food. C) Exercise (walking up to six miles/day). A friend told me once that she had a very famous heart doctor who told her that he had never seen a person with A-fib who did not have sleep apnea. A good cleanse, eating your last meal at noon, and exercise will help to cure a person's sleep apnea.; D) Do a cleanse to reduce irritability of the entire digestive tract and the vagus nerve. A doctor by the name of Dwight Lundell MD in "The Great Cholesterol Lie" said, "It should be understood that A-fib is highly associated with structural problems in the arteries, which are driven in response to excessive ongoing inflammation." So again, an anti-inflammatory diet is key to overall inflammation of the body, arteries, and heart. E) Bowel cleanse F) Take magnesium glycinate. Start with 400 mg twice a day.

Supplement with magnesium: A sufficient amount of magnesium will help to reduce irritability and spasms of the heart and vessels. A) Magnesium chloride is easily absorbed via the skin, and really good when used in the bath or used as a spray or a butter cream; B) Magnesium glycinate taken orally crosses the blood-brain barrier. When taking magnesium, make sure you're not taking too little. Because magnesium is water soluble, the body will excrete out any that it cannot use, and most people are chronically deficient of magnesium. Magnesium also helps to counter constipation and panic attacks.

Reduce stress when possible. Give your priorities to God and allow Him to change your day according to His mercy. "With God, all things are possible." Matt 19:26