

Product Recommendations for Cardiovascular Health

New Spirit Naturals' Wellness Program The Basics!

1. **Begin Every Day with a Green Magic Shake**
4 oz Aloe Papaya Juice (Water Balance)
1, 2 or 3 tsp Green Magic (Superfoods for everything!)
1 Serving Meal in a Glass (a complete protein for rebuilding tissue)
5 oz. Water PLUS your favorite fruits or juice for variation.

This is the perfect opportunity to address specific health challenges such as Cardiovascular Disease:

- 1 tbs. Premium De-Oiled Lecithin (Emulsifies fat in the blood/rebuilds the liver)
 - 1 tsp. ORAC (Antioxidant Power)
 - 1 tbs. JAF (Jerusalem Artichoke Flour) (Probiotic health)
 - 1 tbs. Golden Omega-Omega (Essential Fatty Acids for cellular renewal/strength)
 - 1 tsp Alpha Greens, Guardian Greens or Earth's Harvest (detox)
2. Vita Balance 2000 - Multiple Vitamin/Mineral - 3 Tablets each morning for sustained energy throughout the day. If you are under high stress, take an additional tablet in the early afternoon. High vitamin B content makes this the perfect "stress vitamin".
 3. NutriCleanse 1 tsp. 2 times a day - more effective for lowering cholesterol than the leading statins! (Best Pills, Worst Pills, Public Citizens Foundation, 1999)
 4. New Life 1000: 4 gel caps (can be taken all at once at night or spaced through the day) Essential Fatty Acids EPA & DHA clean the blood. Extremely effective for reducing blood pressure and strengthening artery walls.

You can strengthen this nutritional program as needed with the following supplements:

- * **CardioPlex** (1-2 capsules each morning): Contains Magnesium, Folic Acid, additional B vitamins and powerful antioxidants. Specifically targeted for cardiovascular health.
- * **Co-Enzyme Q10** (1-2 gel caps each morning)- The energy factor of the cell. Essential in strengthening the heart muscle.
- * **Vitamin C** (2-4 capsules daily)- A daily must for tissue repair and to boost immune function!
- * **SignaCell AM (2 Capsules daily)** - Take the strain off your heart by improving energy metabolism.
- * **Liver Chi Enhancer Tea Concentrate** (begin with 3 servings a day)- Cholesterol problems begin in the Liver. This is a great "liver-nurturing" formula.
- * **Kidney Enhancer Tea Concentrate** (begin with 3 servings a day)- high blood pressure problems begin in the Kidney. The Chinese consider the adrenal gland part of the kidney organ system.
- * **Phyto Opti-zymes** (1 capsule with each meal) (Included in the Wellness Pack): Enzymes improve digestive function, insuring that nutrients are absorbed properly. Good digestion means increased energy and improved healing.
- * **MegaPro Antioxidants** (1 before going to bed) (Included in the Wellness Pack): The more antioxidants, the better the body can repair itself.
- * **Vitamin E** (minimum 1 gel cap each day) - long recognized as a heart healthy vitamin.
- * **Cho-Less Tea Concentrate** (begin with 3 servings a day) - Contains Red Yeast Rice Extract. Extremely effective for lowering cholesterol.
- * **Longevity Green Tea Concentrate** (a great beverage to use any time) - Tunes the metabolism.

Treatment Protocols for Congestive Heart Failure and High Blood Pressure

This quick summary will give you a starting point to evaluate the medications for Heart Disease and High Blood Pressure.

Commonly prescribed medications **Learn warning signs of overdose that can seriously impair health.**

Diuretic

Reduces volume of blood in veins and arteries, thereby relieving pressure on the heart.

- Depletes body of important minerals including Potassium and Chromium
- Stresses Kidneys

Blood Thinners

Prescribed to prevent or mitigate blood clots

- Interfere with vitamin K metabolism.
- Increase risk of hemorrhage in any tissue or organ.
- Increase the risk of necrosis (tissue death)

Beta Blockers

Effects the beta adrenergic system (part of adrenal metabolism) to slow the force and speed of the heart beat. They are also prescribed for irregular heartbeat. One of the most prescribed drugs

- Side effects include breathing difficulties, fatigue.
- More serious side effects include loss of consciousness, very low blood pressure.

Calcium Channel Blockers

The heart is controlled by tiny electrical impulses. Calcium plays a key role in regulating the heart's response to these electrical signals. It flows between the heart cells and surrounding fluid through a system known as the calcium channel. The more calcium that moves into this channel before the electrical signal comes, the stronger the heart contracts and the harder it works.

- Side effects include constipation, dizziness, fatigue, fluid retention, headache, low blood pressure, nausea, shortness of breath, slow heartbeat..

ACE Inhibitors

Blocks the production of angiotensin II a chemical the body produces to raise blood pressure.

- Can cause kidney damage or a reduction in the number of white blood cells (leading to an increased susceptibility to infection)

Prevention is always the best approach when using "food as your medicine".

Natural Diuretics

- **Aloe Vera** naturally balances sodium/potassium level, thereby regulating the body's water balance
- **Kidney Enhancer Tea Concentrate**
Nurtures Kidney Energy, the organ system responsible for the body's moisture balance.
- **B vitamins (Cardioplex & Vita Balance 2000)**, also referred to as stress vitamins, assist the body in regulating its water balance

Natural Blood Cleansers

- **New Life 1000 (EPA/DHA)**
Naturally improves viscosity of the blood. Makes cells less "sticky".
- **Therapeutica Tea Concentrate**
Improves circulation while addressing inflammation issues throughout the body. The Chinese believe that where blood flows, Qi goes. One answer to improving health is to improve circulation.

Stress Reduction

- Magnesium, an important mineral for regulating heart beat and relaxing blood vessel walls.
- B vitamins (referred to as stress vitamins)
- Jubilee Tea Concentrate with St. John's Wort
- Deep breathing and exercise

Restore the Calcium/Magnesium Balance

Strengthen the heart muscle

- **Magnesium, Magnesium, Magnesium!**
Calcium is not the culprit, it is the imbalance of Calcium/Magnesium.
- Green Foods (the center is Magnesium)
- Magnetic Therapy (re-ionize calcium ions to allow the body to reabsorb this important bone building mineral).
- CoQ10 (BioAvail 265) strengthens the heart muscle.

Nourish the Adrenal System

- Kidney Enhancer Tea Concentrate
- Energizing Tea Concentrate (adaptogenetic qualities of ginseng).
- Homeopath Adrenal Remedy
- Reduce Stress!

Angiotensin II receptor antagonists

A new class of drugs that lower blood pressure by blocking angiotensin from binding to “receptor sites” in the smooth muscles of the blood vessels.

- Most common side effects include cold or flu, cough, diarrhea, dizziness, fatigue, headache, sore throat.

Cholesterol lowering Drugs

Prevent the body from manufacturing cholesterol, reducing absorption of dietary cholesterol or combining with cholesterol to remove it from the blood stream.

- May damage liver and/or muscle tissue

All of these medications result in fatigue and low libido.

Caution: Always work with your doctor to reduce or eliminate medications.

Improve liver health/nourish adrenals/reduce stress

Regulating hormone function falls to the liver. Improving liver health with reduce the amount and adverse effect of any circulating hormone in the body.

- Liver Chi Enhancer Tea Concentrate
- Lecithin
- Enzymes

Improve liver health

The liver produces cholesterol which is important in many metabolism pathways, including the production of sex hormones.

- ChoLess Tea Concentrate
- Liver Chi Enhancer Tea Concentrate
- Lecithin
- Fiber! (Nutri Cleanse) Just 1 tsp of psyllium will reduce cholesterol more than leading cholesterol lowering drug.
- Diet low in “bad fats”, trans fatty acids, and rich in “good fats”, essential fatty acids, including EPA & DHA.
- Essential Fatty Acids (New Life 1000, Omega-Omega, Life Essentials)

Note:

Antioxidants are a must to rebuild tissue and renew energy. The following products are important to rebuild your antioxidant power:

ORAC
Mega Pro
Vitamin C
Vitamin E
Beta Carotene
Longevity Tea