

HealthCures101.com

ARTERIES

(hardening)

including:

All about Cholesterol and Plaque, and Circulation Secrets

This information is a collection of studies, observations, research and practical advice written for the purposes of helping people help themselves become disease-free.

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Everyone wants a quick fix. There is no magic pill.
You can't get rid of lung cancer by simply eating broccoli.
Your condition is probably the result of choices you have made that led up to this point, and it helps to understand what caused the condition in the first place so you can make sure it doesn't happen again or continue to get worse.

The answer to real health isn't about simply adding something to what you are presently doing... but more importantly what you take away.

Health is body, mind and spirit. If ten years of intense stress turned into a physical condition, you can't just take an herb or pill. You have to address the cause of the stress and neutralize it in your life. I will try and help you with that, but you must ultimately heal yourself as a whole being- body, mind and spirit.

This summary lists the most common causes, symptoms and what to take and do about them. This is a cheat sheet. Remember, simply taking some herbs isn't going to magically make you well if you continue to do what caused the condition. It is **HIGHLY** recommended you read the **HEAL YOURSELF 101 DIET AND LIFESTYLE book** and follow it's guidelines. If you do that, most of what you have will probably go away without even reading this. What you have is just a symptom. To eliminate the symptom, eliminate the cause.

The bottom line is you need to feel good again. OK. roll up your sleeves and let's start right now.

HOW TO USE THIS INFORMATION

What you are about to read is a compilation of information I have been gathering for the last twenty years. It is totally up to date with the very latest findings. Much of it has been tested on myself and others I know. This is just one category from over 600 I have been assembling, for a book I have been putting together over the years... an all-encompassing health reference where anyone can look up their condition and see what to do about it. It's taken me years and I'm still not done. The way it's going, it will probably be a thousand page book. This is a massive undertaking. In the meantime, people are needlessly dying and struggling painfully with totally avoidable health conditions. I need to get what I have out there **RIGHT NOW**. So, even though I am not finished, I am sharing what I have so far. I have broken it into pertinent categories and tried to keep the explanations as short and to the point as possible. The most effective way to use this is to read the main **DIET and LIFESTYLE book** along with the category that best fits your condition. There may be several categories that should be read simultaneously because everything connects. Most people don't think much of the colon, liver and kidneys, but that's where it all backs up. You can't just put a cream on psoriasis and expect it to magically go away when all of your blood is toxic and just trying to push the toxins out through your skin. You need to clean the source, not the symptom.

HERBS AND SUPPLEMENTS

There will be listings of the best supplements and herbs to take for specific conditions. Supplements (vitamins, amino acids etc) should be taken at a specific dosage for the most part. But herbs are simply plants. How much you take is up to you. They are powders or liquid tinctures made from plants. You can't overdose on dandelion. But you CAN take too little to have an effect. As a general rule, tinctures are concentrated liquids that are more powerful than powders. But all you have to do is take more powder. It's that simple. Mix the powders in water or juice and take throughout the day. I will tell you where to get the herbs online and they will send them to you. Simply mix them in a bowl and start by taking a teaspoon in water 3x a day. If they are too bitter, add some raw honey or green stevia powder (a natural sweetener made from leaves). Don't use the white stevia, it's processed and refined. You can obviously get herbs in capsule form at the health food store, but at a considerable mark-up. Herbs don't cost that much. I have certain ready-to go herbal formulas if you want it already done for you. You can get them at MarkusProducts.com But you can do everything yourself. That's the point of all this- to empower you with enough information to take your life into your own hands. Healing should not be expensive, clinical or painful. It should be natural and done at home. You are in control. It's YOUR life. Let me jump start you. This information is timeless. It's healed millions if not billions of people throughout history. Remember, the first step is cleaning out before taking magic healing herbs and supplements.

The language is basic, blunt and to the point. It's not in some flowery pretty format. Sometimes it's just a list of what to take with no explanations. I tried to explain what I could, but remember, I had to do over 600 categories ! This would have taken years more... but you need this now. Please excuse the mess.

I am not a doctor and I cannot give medical advice. I am sharing with you my own findings, experiences and results from over twenty years of personal study. These are just my opinions. Please take care.

With
Love

Markus

TIPS:

For example it might say take cherries for lycopene... but no fresh berries are available. Many health food stores have organic cherries in the freezer section. (30% of vitality is lost by freezing, but it's much better than nothing). You can also get some freeze-dried powdered berries from herb companies with most antioxidants still intact. It's not wise to get dried fruit though because the sugars are too concentrated... unless you soak them in water first.

Take stuff 3 or 4 x a day. Don't think just taking one tiny swallow a day is going to do anything. You drink giant sugary sodas all day that are full of chemicals and you don't think twice about it. Yet you are afraid to swallow a teaspoon of healthy herb.

Amino Acids- yes you can take specific amino acids for specific conditions, but it's a lot easier to simply eat or drink something that naturally has lots of amino acids like chlorella, bee pollen, nutritional yeast, durian, etc.

HERB AND PLANT SAFETY

Get to know what plants are what. Plants and herbs are powerful, just like medicine. Start with the ones you know and avoid the ones you don't. Study and learn about the rest before taking them. Some plants are poisonous- for example- oleander- any part of the plant can kill almost instantly. Hemlock is poison. Then there are plants that can do miraculous things, but are harmful if not used correctly- these include poke, belladonna, lobelia, foxglove and jimson weed.

Herbs can interact with prescription medicine. They can also interact with other herbs, making them stronger or weaker or prolong the effect.

Pregnant women should be careful. Some herbs are uterine stimulants and could cause abortion... BUT other herbs can counteract that... so know your herbs and consult with a specialist first. One person I highly recommend is James Sloane- his website is mountainmistbotanicals.com

Good Luck and Lots of Health !

ARTERIES (hardened) Artherosclerosis

Every day your heart pumps two thousand gallons of blood through the 100,000 miles of tubing that makes up your circulatory system. Now THAT is amazing !!! Over an entire lifetime, your heart pumps 2 billion times moving 48 million gallons of blood through your body. Try and have a normal pump do that without wearing out or breaking down !

Yet most people don't give it much thought and end up making it hard for the heart to pump through all the tubing, which becomes brittle and clogged with plaque as thickened toxic blood tries to sludge its way through like mud through old rusty pipes, thanks to bad diet and lifestyle, stress and infections. You can change all this though.

SIGNS

cold hands and feet,
leg cramps
bad memory
slow mental performance
respiratory problems, winded easily
weak blurry vision
high blood pressure
stress
sexual impotence
inflammation
bleeding gums

Only animals produce cholesterol, plants don't. So if you eat animal foods or anything that comes from an animal, you are loading up on cholesterol. That's why eating plant foods is heart healthy. What is cholesterol? Cholesterol among other things is actually scar tissue. Your body naturally produces it as a protective measure for times of hardship. Think of it as little armor plates circulating through your body. Then in times of stress or danger or attack (from toxic invaders, bacteria, even stress)- your armor plates instantly start coating everything- including your delicate blood vessels, making them more rigid and protected.

People who don't eat meat but still get sick a lot (like stressed-out vegetarians who eat acid-forming dead foods like bread, pasta, cereal, cheese etc) could end up having as much or even more cholesterol-hardened arteries than other people because the infections and illnesses cause more and more armor-plating to form on organs and arteries to protect from bacteria and viruses. If you have inflammation in your body, you probably have cholesterol forming in you.

Stress is a major cause of cholesterol because the body is constantly getting the signal that it is under attack, so it keeps piling on the armor, making the arteries more rigid and lined with plaque that impedes blood flow.

Toxic chemicals are also an invader which the body must protect itself from.

Chlorine is a big one. It causes scarring of the arteries, and almost all tap water has chlorine in it. Drinking tap water is not the only way chlorine gets into your system. It soaks through your skin during showers and swimming, and gets into your lungs from the hot shower steam. From there it goes right into your blood stream. Be also aware that since chlorine is in public water systems, it is obviously also being used in the irrigation of fruits and vegetables. We eat this and it scars our arteries which leads to arteriosclerosis. We need to keep cleaning our bodies to dissolve this nasty poison even if we eat organic. Welcome to the modern world.

And of course eating animal foods (meat, cheese, butter, ice cream, milk, fried foods, meat-based broths etc) exponentially fills our bodies with so much cholesterol it's totally overwhelming. Consider also that most animals raised for human consumption are stressed out, filled with toxic chemicals, steroids, hormones, antibiotics, synthetic crap and processed food... so their cholesterol levels are also through the roof.

Homogenization makes the dairy products scar the arteries in your body, making that milk and cheese a major cause of heart disease.

Watch your sugar and carbs... they turn into glucose and if you eat more than you need, your body will store it as saturated fat and cholesterol... guess where... your arteries, which leads to high blood pressure, clots and heart disease.

WHAT TO DO:

What we need to do is STOP doing the things that cause unnatural cholesterol formation (de-stress, avoid animal and processed foods) and START doing things that clean out the cholesterol plaque build-up in our bodies, and there are natural things that do that.

Cut caffeine, saturated fat, cigarettes (incl. second hand smoke), salt, alcohol, stress, fast food, fried foods, sodas, meat, sugar, processed food, preservatives

ENZYMES(especially protease, which helps unclog arteries)

MAGNESIUM helps dissolve calcium buildup - softens arterial plaque making it easier to remove. The countries with the highest rates of coronary and heart problems have the highest calcium levels in the water and low magnesium, while high levels of magnesium help soften and counteract calcification

GARLIC- Garlic is a WONDER DRUG ! It not only thins blood and fights harmful bacteria, but can also reverse blockages in arteries . Allylic sulfides in garlic suppress

cholesterol synthesis in the liver. It lowers bad LDL cholesterol, while keeping good HDL at normal levels.

consume lots of garlic and ginger- it prevents blood "stickiness"

NIACIN is one, if not the only substance that can elevate good HDL cholesterol and at the same time lower bad LDL, VLDL cholesterol. Niacin dilates blood vessels which improves circulation

SILICA !

Conditions like osteoporosis, osteoarthritis, diverticulitis, emphysema, arteriosclerosis all result from a loss of silica levels in the tissues. Without adequate silica in the body, we get everything from wrinkles to osteoporosis, osteoarthritis and weak blood vessels that rupture. Blood vessels also require silica for strength due to its role in the formation of structural proteins. Without silica there would not be a matrix for the minerals to mineralize, and the minerals would not be able to move from the blood in to the matrix. These are the reasons that silica is more important than any other nutrient for healthy bones. Silica also helps to form the cartilage in the joints.

Most store bought silica is not easily absorbed. One good cheap way to do it is get some diatomaceous earth (source is at end of book) and put a tablespoon in water. Let it settle for a while, and only drink the water part, not the sediment at the bottom. Much of the silica will be absorbed in the water you are drinking.

Other good sources of silica are bamboo, oca, and cucumber skins.

THE REAL VITAMIN C

Do NOT take the synthetic store kind- no powder, pills etc. This stuff is highly unstable. It actually becomes a pro-oxidant at high levels instead of an anti-oxidant.

The best source of vitamin C is AMLA berry (available in powder form)

Other herbal sources include acerola cherry, rosehips, and nettle leaf.

Vitamin C is also found in citrus fruits, kiwi, papaya, watercress, cherries, tomatoes, green peppers, strawberries, leafy greens, hot red peppers, broccoli.

CARNOSINE

Carnosine extends the life of every cell in your body.

- anti-aging

- skin, wrinkles

- alzheimers

- nerves

- heart disease

bodybuilding- prevents muscle fatigue, helps hold water

Carnosine is a natural amino-acid with a number of interesting actions. It is a potent anti-oxidant that prevents cell damage and improves cell function. It helps chelate ionic

metals (flush toxins from the body), it has immune boosting properties, it is known to reduce and prevent cell damage caused by beta amyloid (the substance found in the brain of Alzheimer disease patients)

Carnosine helps to prevent glycosylation - the cross linking of proteins and DNA molecules caused by sugar aldehydes reacting with the amino acids on the protein molecule and creating Advanced Glycosylation End-products (AGE's). Cross linking is the effect that occurs when you cut an apple in half and it gradually turns yellow. Such anti-glycosylation may be beneficial for diabetes, cataracts, neuropathy, kidney failure and skin conditions, as well as more general anti-aging properties, especially improving skin condition.

In 1999, Australian researchers confirmed that Carnosine increases the longevity of human fibroblast cells in the laboratory. Carnosine extended the Hayflick limit (the maximum number of times a cell can divide) from 50 to up to an additional 10 times. It has also been shown that animals with higher levels of Carnosine appear to live longer. Although research is still taking place in this area, Carnosine may become a common supplement for longevity.

Carnosine may also act as a neurotransmitter (chemical messenger in the nervous system). Carnosine has been called a longevity nutrient since laboratory studies on tissues indicate that it can delay senescence and provoke cellular rejuvenation in cultured human fibroblasts. Carnosine has been called the anti-aging and anti-oxidant dipeptide.

Proteins are the building blocks of life. Comprising amino acid chains, proteins serve both structural and functional roles within the human body. Structural proteins such as collagen give support to bones, tendons, and skin, while functional proteins known as enzymes catalyze life-sustaining biochemical reactions throughout the body. As we age, however, these critical proteins are endangered by the damaging process known as glycation. Defined as a non-enzymatic reaction between proteins and sugars, glycation irreversibly alters the configuration of proteins. These altered proteins, known as advanced glycation end products (AGEs), can no longer effectively fulfill their critical roles throughout the body. AGEs have been implicated in many of the diseases associated with aging, including Alzheimer's, cancer, and heart disease.

Fortunately, carnosine helps defend the body's proteins against the crippling effects of glycation. By preventing the formation of dangerous AGEs, carnosine may help the body's proteins retain their youthful vigor and function.

Carnosine is a safe, well-tolerated compound comprising the amino acids beta-alanine and L-histidine. Naturally present in high concentrations in human brain and skeletal muscle tissue, carnosine has been shown in multiple studies to inhibit lipid peroxidation and free radical-induced cellular damage. Additional evidence suggests that carnosine may help protect the brain against oxygen deprivation, delay the impairment of eyesight

with aging, and extend the life span of mammals. Scientists have postulated that carnosine may have applications in the management of numerous conditions, including arthritis, stomach and duodenal ulcers, high blood pressure, adrenal cortical dysfunction, sleep apnea, chronic inflammation, cancer, heart disease, and Alzheimer's disease.

CARNOSINE FOR HEART DISEASE

Americans spend billions each year on expensive drugs designed to ward off and treat the secondary effects of atherosclerosis and coronary artery disease. Unfortunately, these costly, doctor-prescribed medications do nothing to prevent cardiac damage induced by AGEs and free radicals.

Multiple lines of study now indicate that carnosine may be a highly beneficial nutrient for people with heart disease. In a review article examining the role of free radicals and AGEs in atherosclerosis, researchers carefully outlined the ways in which oxidative damage and AGE toxicity can contribute to the formation of atherosclerotic plaques, a hallmark of heart disease. By protecting against both free radical-generated oxidative damage and AGE-generated cellular toxicity, carnosine helps to counteract numerous, potentially harmful biochemical processes associated with aging. Its diverse effects offer support for the aging brain and cardiovascular system, and may help to modulate processes that contribute to cancer. Carnosine's remarkable spectrum of health benefits makes this versatile nutrient an essential component of any anti-aging program.

OTHER THINGS THAT HELP BLOOD VESSELS:

- Quercetin- anti inflammatry
- cherries, dark berries
- superfoods like chlorella
- White and Green Tea
- EFA oils
- Tocotrienols*** see below
- Sea greens- lower cholesterol and have iodine which prevents artery plaque. They also have Vit K** see below for more info
- Aloe vera
- chelation
- vitamin K
- Ginger

- dance
- love
- relax
- meditation
- Serrapeptase (enzyme that dissolves plaque)
- grapefruit
- artichoke extract
- fresh greens- GREEN SMOOTHIES EVERY DAY ***
- 1 glass red wine w dinner
- exercise
- Aerobic exercise helps raise good HDL levels
- Dry skin brush
- Hot/cold shower
- Hawthorn
- Ginkgo Biloba
- CoQ10
- Grape seed extract
- Pine bark
- milk thistle (to balance liver fats)
- BEE PROPOLIS****
- Nutritional Yeast
- Silica strengthens arterial walls and reduces inflammation
- Micohydrin plus (royal health.com) helps remove artery build up
- A high fiber diet is mandatory for getting rid of high blood pressure. It reduces cholesterol, lowers blood fats and cleanses fatty build ups.
- Olive oil raises good HDL cholesterol levels and removes bad fats
- Lecithin lowers cholesterol and removes arterial plaque
- Onions- Helps stimulate circulation
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CAYENNE PEPPERS strengthen all cardiovascular activity, dilate arteries and reduce blood pressure

TURMERIC, and anti inflammatory spice, helps decrease cholesterol levels and prevents progression of arteriosclerosis

VITAMIN C strengthens arterial walls. People low in vit C have more heart attacks. Sources- citrus, broccoli, peppers, pine needles.

BIOFLAVONOIDS- anti-inflammatory (works as well as prescription anti-inflammatories), anti-microbial - part of the vit C complex, bioflavs prevent arteries from hardening, and help make blood vessels strong and supports collagen. They hold connective tissue together, lessen bruising, internal bleeding, hemorrhaging, swelling, spider and varicose veins, lower cholesterol, stimulate bile production, strengthen the immune system and fight inflammation and infections and herpes. They slow cataract formation, and help prevent diabetic retinopathy. The body can't make this stuff, so you have to get it from natural fresh foods. Quercetin is the strongest supplement form.. Good food source of bioflavs are blueberries, cherries, sea plants, peppers, turmeric, ginger, alfalfa, rosehips, the white part under the skin of citrus fruits, buckwheat greens, and herbs like hawthorn, nettles, yellow dock, elder, shepherd's purse, and juniper berries.

TOCOTRIENOLS exert powerful antioxidant, anti-cancer action, and a major area of success with the use of tocotrienols is in lowering elevated cholesterol levels without side effects. Tocos help reduce atherosclerosis and the damage that has been created

Lower stress with **Gotu Kola, Eleuthero, Passionflower, Skullcap, lobelia**

CHROMIUM- lowers bad LDL cholesterol levels, increases good HDL cholesterol levels. GTF is best form.

*****GINKGO BILOBA**- improves circulation, sends more blood and oxygen to the brain, reduces blood cell clumping and **helps makes cholesterol-hardened blood vessels** more elastic again. It increases vascular strength and helps reverse male impotence

GUM GUGGUL-natural gum resin herb used for reducing cholesterol and strokes. Guggulipid, a guggul extract, lowers bad cholesterol and triglyceride levels, and reverses artery plaque.

LITHIUM- helps with arteriosclerosis, but don't take too much or you'll get heart palpitations

Fo-Ti (He Shou Wu)-helps remove plaque from the arteries.

BUPLEURUM- good for heart and lungs- improves circulation and respiration. Bupleurum helps edema, which is often associated with congestive heart failure. It reduces inflammation, helps prevent artery plaque, strengthens blood vessel walls, helps detox the liver (even good for hepatitis) and increases dopamine levels so you'll feel good. It increases levels of the antioxidant, anti-inflammatory, and immune boosting enzyme superoxide dismutase (SOD).

COLEUS FORSKOHLII- amazing ayurvedic herb in the mint and lavender family used for allergic conditions such as asthma and eczema. helps relax bronchial muscles in asthmatics making breathing so much easier. Good for psoriasis, reduces inflammation, blood pressure, hypertension, glaucoma, helps strengthen heart, dilates blood, lowers artery plaque build up and helps regulate thyroid. It also increases ATP (energy) and cAMP (cyclic adenosine monophosphate in case you're wondering)... which stimulates nitric oxide which dilates blood vessels in lungs, including in the genitals... like Viagra.

PYCNOGENOL- PINE BARK OPCS- a highly active bioflavonoid that makes capillaries more elastic, improves circulation, resists inflammation, strengthens arteries, protects against atherosclerosis and reduces varicose veins and hemorrhoids. It is also one of the few antioxidants that crosses the blood-brain barrier to directly protect brain cells.

GRAPE SEED EXTRACT-a powerful bioflavonoid that directly fights arteriosclerosis, strengthens blood vessels and circulation, fights tumors, varicose veins, restless legs, inflammation

SILICON/SILICA- helps prevent arteriosclerosis. Bamboo is one of the very best sources in silica to strengthen blood vessel walls, reduce artery inflammation, and prevents plaque build up. It also strengthens the heart.

CHROMIUM- helps lower triglycerides and insulin induced artery damage.

AMLA BERRY- reduces artery inflammation and protects the cells from oxidation because it is such a high source of vitamin C. It's also a powerful antibiotic so it helps prevent plaque formation brought on by bacteria.

CHICKWEED- antioxidant that reduces body fat- especially cellulite, removes plaque from arteries, builds nerve tissue, regulates thyroid, dissolves cysts and tumors, alkalizes the blood, heals ulcers, removes old hard crusty dried mucous from the colon, neutralizes toxins, stimulates lymph and glands, and has laxative properties. Chickweed is a complete B complex, C, D, calcium, chromium, cobalt, copper, iron, manganese, magnesium, molybdenum, phosphorus, potassium, selenium, silicon, sodium, tin, zinc, lecithin, fatty acids, bioflavonoids, and saponins. Regulates intestinal flora.

PUMPKIN SEEDS- good for heart

CARNITINE- amino acid made in the liver and kidney, found mainly in meat (hence the name). It burns away fat to produce energy. If you're low in carnitine, you are tired a lot, gain weight, have high cholesterol and a weakened heart. Helps prevent heart disease for people obsessed with eating meat. Prevents fatty build up in heart. Good for the gym to prevent muscle damage and delay lactate burn. May help patients with kidney failure who are on dialysis.

Carnitine also specifically helps male infertility (increases sperm count and mobility)

CoQ10- (made in the liver) is a very powerful antioxidant enzyme found in every cell of our body that helps create cell energy and keeps us young and youthful. The body's ability to make it and assimilate it declines with age, starting in our 20s. All living foods contain a form of CoQ10. Cooking or heating food kills it. It's especially high in dark green vegetables, rice bran, wheat germ, beans, nuts, eggs. It increases energy, boosts immunity and cardiac (heart) strength, reverses high blood pressure, promotes weight loss and helps heal gum disease. It's extended the life of test animals by almost 60% ! It neutralizes free radicals by turning them into stable oxygen and H₂O₂, then into oxygen and water. It's fat soluble, so it only works well if taken with some kind of healthy EFA oil like Omega 3. Thyroid/adrenal burnout can radically lower CoQ10 in the body- so get rid of your stress and unhealthy lifestyle !

30 mg for normal people to 450 for cancer and heart patients. Best way to get it is make green smoothies containing lots of dark leafy greens.

TRIMETHYLGLYCINE (TMG) TMG helps to prevent heart disease by reducing inflammatory homocysteine, which leads to plaque formation. TMG is also great for the liver, which is the body's primary regulator for cholesterol. Take along with Magnesium citrate or malate

GOOD FATS vs BAD FATS

Raw plant fats remove free radicals, reverse heart disease, make better brain tissue and insulates nerves. Sources- avocados, olives, coconut, nuts, durians. MACADAMIA NUTS- is a good example of a natural fat that protects against coronary heart disease and decreases arterial clogging.

Gum disease and heart attacks- people w periodontal disease are 3x more likely to have a heart attack than people w healthy gums. Toxic bacteria enters bloodstream, reaches heart and scars arteries. Toxins and inflammation created by periodontal bacteria get into the blood stream and triggers the liver to release a substance called C-Reactive Protein (CRP), who's levels believe it or not is a much more accurate way of predicting heart attacks than cholesterol levels ! This stuff also leads to blocked arteries, blood clots, high blood pressure, sudden heart attacks, doubled levels of colon cancer, Alzheimers, and all kinds of chronic serious immune problems.

Have your CRP levels checked ! If you have sensitive or bleeding gums- go to the dentist and have them cleaned NOW. Then STOP eating processed cooked sugary starchy carbs and animal products. Wash your mouth out with hydrogen peroxide and use something like my tooth powder (baking soda, cayenne, sea salt). Floss or even better- use a WATER PIC. Clean your blood and liver with a serious fast, herbs and colon cleansing. This is serious. Do not take bleeding gums lightly.

CINNAMON- good for blood glucose (sugar) levels

PAPAYAS lower fats and cholesterol in the blood stream., thus reducing the risk of arteriosclerosis, strokes, and heart attacks.

POMEGRANATE- increases blood flow to the heart, decreases plaque and atherosclerosis, and lowers LDL oxidation

Dehydration is a major cause of hypertension. Do not take diuretics because they further dehydrate the body which causes cholesterol blockage of heart, blood vessels and arteries that go to the brain, causing strokes, heart attacks and brain damage

THIAMINE (B1)- at least 100mg of helps reduce blood vessel inflammation

SERRAPEPTASE is an enzyme that Digests artery plaque! Taking three 5mg tablets per day for a year has been proven to remove blockages

HISTIDINE- amino acid found in hemoglobin and is important to the production of both red and white blood cells. Histidine also turns into Histamine in the body , which is important to a strong immune system, fighting allergies, colds and respiratory infections. It's a strong vasodilator, relieves hypertension, helps cardio-circulatory diseases, anemia, cataracts, joint nutrition, arthritis, removes heavy metals, and oh yeah- it raises libido in both sexes.

METHIONINE- essential antioxidant amino acid, blasts free radicals. Has lots of organic sulphur for healthy liver, lymph and immune system. Protects against chemical allergic reactions. Keeps fats from building up in liver and arteries (good for high blood pressure and cholesterol) Protects from toxemia during pregnancy. Also good for healthy skin, hair and nails. Prevents hair loss. Needed for function of spleen, pancreas and lymph gland function. Constituent of hemoglobin. Found in apples, brazil nuts, cabbages, cauliflower, filberts, kale, pineapples.

AMLA BERRY (INDIAN GOOSEBERRY)

Richest herbal source of vitamin C and bioflavonoids, each amla fruit contains up to 700mg of Vit C. Famous for it's anti-aging, immune strengthening properties, amla is used for anemia, asthma, bleeding gums, diabetes, colds, lung disease, glaucoma, hypertension, yeast infections, even used to treat cancer. Amla increases levels of

superoxide dismutase, which reduces artery inflammation and strengthens the vascular system. It's a powerful anti-oxidant, antiviral, antibacterial, and antifungal, anti-inflammatory, antispasmodic. It cleans and strengthens the liver. Great for sugar freaks because it protects the blood vessels from insulin damage and improves the body's insulin sensitivity. It improves protein metabolism and . Contains vitamins A, B1, B2, B3, C, D, E, calcium, chromium, cobalt, iron, manganese, magnesium, phosphorus, potassium, selenium, silicon, tin, zinc, bioflavonoids, and saponins.

Cell salt- Calcaea fluor- good for hardened and weak blood vessels, including hemorrhoids, varicose veins

BEE PROPOLIS- AMAZING STUFF ! It's what bees coat their beehives with to protect the hive from harmful bacteria. It's collected from the sticky resin under tree bark. It is a very powerful anti-viral, anti-biotic, anti-bacterial. It's actually better than many antibiotics at fighting bacteria and viruses like E-Coli and salmonella! . It's very effective against pneumonia, ulcers, speeds healing of broken bones and helps grow new cells. Heck it even fights cavities, gum disease, high blood pressure, artery plaque, skin cancer, warts, herpes and pretty much anything else. Bees are angels. Everything they do and make is magical.

FULVIC ACID-

Fulvic Acids, Shilajit and Plankton.

(obtained from an organic prehistoric goo oozing from Himalayan rocks)

As the most powerful, natural electrolyte known, fulvic acid restores electrical balance to damaged cells, neutralizes toxins and can eliminate food poisoning within minutes. When it encounters free radicals with unpaired positive or negative electrons, and it supplies an equal and opposite charge to neutralize the free radical. Fulvic acid makes minerals bioactive, bioavailable, and organic. so for example, it helps the body absorb calcium better which means accelerated bone growth and new tissue regeneration for people with osteo problems. Mineral deficiency subjects us to more diseases, aging, sickness and destruction of our physical well-being than any other factor in personal health. Minerals in their natural "rock" state are useless to us, but once a plant absorbs and transforms them, our body can utilize the now "organic minerals. Organic fulvic acids are created by micro-organisms in the soil, for the purpose of transporting minerals and nutrients from the soil into the plant. Fulvic Acid chelates and prepares the minerals to be accepted and used by our cells. At the same time it also seems to dissolve away years of calcified accumulations in our body, joints, arteries and muscles, making us more flexible, limber and youthful again. Fulvic acid is a powerful antioxidant that can safely neutralize a free radical without becoming a free radical itself, AND has the added benefit of being able to cross the blood-brain barrier !

Fulvic Acid/Shilajit increases the core energy responsible for sexual and spiritual power the same force that is withered by stress and anxiety. The use of Shilajit is for renewing vitality. Its Sanskrit meaning is 'conqueror of mountains and destroyer of weakness.' People that have taken it claim it does wonders for more energy, relieve digestive

problems, increase sex drive, urinary problems, diabetes, Anti-oxidant, Anti-inflammatory, edema, anemia, Arthritis, joint problems, lowers cholesterol, improve memory and cognition, improve diabetes, reduce allergies, handle stress better, improve the quality and quantity of life and it seemed to cure all diseases.

BLUE MANGOSTEEN- anti-inflammatory

The skin of the mangosteen fruit is considered one of the most potent natural healing substances. the skin is full of a group of antioxidants called "xanthonenes." (at least 40 different xanthonenes have been identified so far), each with a different healing property. It also has antioxidants similar to those found in cacao beans and polysaccharides similar to those found in aloe vera, noni and medicinal mushrooms.

Benefits and uses are- healthy joints, analgesic, reduces pain, arthritis, atherosclerosis, antiaging, antibacterial, antiviral, antifungal, antihistamine, antiinflammatory, antimicrobial, antioxidant, antitumor, antiulcer, cancer protective tested against breast cancer, leukemia, protects the heart, cold and flu, cataracts, glaucoma, immune system strengthener, supportive, helps protect liver, greater mental energy, focus and attention span, overall sense of well-being.

CURCUMIN- a turmeric extract, the yellow spice used in curry. A powerful oil-soluble anti-tumor anti-cancer antioxidant which can fight viruses, curcumin (and turmeric) are an anti inflammatory, relieves arthritic symptoms, inhibits platelet aggregation, controls excess fibrin buildup in blood vessels which leads to blood clots. Curcumin increases bile secretion and protects against blood cholesterol rise from eating fatty foods. It's . It inhibits tumor necrosis factor (TNF), so HIV can't replicate in T-cells. numerous studies show the anti-tumor power of turmeric and curcumin.

DAN SHEN- slows the heart, and by increasing coronary blood flow, strengthens the contractions, and helps to correct irregular heartbeat. Dan shen has been shown to help prevent the damage to the heart and brain that normally occurs after heart attack or strokes. Dan shen dissolves blood clots and prevents the formation of new ones. It lowers cholesterol and triglyceride levels, prevents oxidative damage to nerve cells in the heart and brain, and helps with adrenal function to prevent stress induced thyroid dysfunction (good for thyroid).

SEAWEED

Sea greens are the most nutritionally dense plants on the planet. You should have it in your meals 3x a day- that stuff is miracle food. It. They lower cholesterol, and help clear plaque out of arteries. They are rich in fiber, and packed with vitamins, especially K, A, D, B, E, C and a broad range of carotenes. There is no family of foods more protective against radiation and environmental pollutants than sea vegetables. Go for at least 2 tablespoons a day. Put them in your smoothies, salads, or some of them, like Dulse you can just eat straight out of the bag like gum.

Cell Salt- CALCAREA FLOUR (calcium flouride)- contained in the elastic fibers of the skin, blood vessels, connective tissue, bones and teeth. used to treat dilated or weakened blood vessels, like those in hemorrhoids, varicose veins, hardened arteries and glands. Helps prevent tooth decay and loose teeth. (the homeopathic preparation is far safer than the highly toxic calcium flouride or hydrofluosilicic acid added to toothpastes and city water supplies)

Personal work- open your mind and see the good

LOW CARBON DIOXIDE

Everyone talks about oxygen, but we actually need carbon dioxide also and believe it or not, many people (about 40%) are actually LOW in carbon dioxide . This condition is called hypocapnia. Symptoms rang from **asthma** and **anxiety** to **muscle tension, circulation disorders** and more. As a person's carbon dioxide level decreases, breathing becomes more difficult and conditions such as **asthma, sleep apnea** and **snoring** can develop. Carbon dioxide is also the body's natural antihistamine, and low levels make allergic reactions more intense.

CO2 plays 2 important roles in circulation. First, it helps relax and dilate the **arteries and capillaries** so blood can reach the tissues. Without enough CO2, the oxygen in your blood will never be released into the tissues when needed.

Low carbon dioxide actually leads to low oxygen levels, so low CO2 causes the brain to be low in oxygen and become hyperactive (**anxiety**). This excessive activity also effects the nerves going to the muscles, which results in **tremors**. Increasing CO2 to correct levels helps tremors by normalizing the nerves and converting toxic ammonia into urea which is then harmlessly excreted from the body.

Low CO2 levels increase pain sensitivity.

Sleep disorders such as apnea, snoring and insomnia can all be linked to low carbon dioxide levels. CO2 decreases inflamed tissues leading to snoring and normalizes excessive brain activity allowing one to peacefully drift off to sleep instead of lying there all night incessantly thinking.

The body uses CO2 to help detoxify itself from heavy metals.

To utilize the beneficial properties of both CO2 and Oxygen, practice deep breathing. Breathe in, hold breath as long as you can before breathing out.

CHILLI PEPPER

Chili peppers are extremely healthy for you, and should be included in your regular diet.

Chili Peppers Fight **Migraine Headaches and Sinus Headaches**. Studies show that chili peppers can provide pain relief for migraine and sinus headaches. Capsaicin, the chemical that makes chili peppers hot, is known to inhibit a key neuropeptide, Substance P, that is the key brain pain transmitter. Go capsaicin!

Chili Peppers Prevent **Sinusitis** and **Relieve Congestion**

The pepper heat helps to stimulate secretions that aid in clearing mucus from your nose, combatting nasal congestion. It also contains antibacterial properties that help fight chronic sinus infections.

Chili Peppers Fight Cancer. Capsaicin not only causes the tongue to burn, it also drives **prostate cancer** cells to kill themselves, according to studies published in the March 15 issue of Cancer Research. According to the research, capsaicin induced approximately 80 percent of prostate cancer cells growing in mice to follow the molecular pathways leading to apoptosis. Prostate cancer tumors treated with capsaicin were about one-fifth the size of tumors in non-treated mice. "Capsaicin had a profound anti-proliferative effect on human prostate cancer cells in culture," said Dr. Lehmann, M.D., Ph.D. "It also dramatically slowed the development of prostate tumors formed by those human cell lines grown in mouse models."

Chili Peppers Help **Lower High Blood Pressure**. Eating chili peppers are naturally high in vitamins A and C, and also bioflavonoids. They help **strengthen our blood vessels**, which makes them more elastic and better able to adjust to blood pressure fluctuations. Chili peppers also can make us sweat, which causes fluid loss, temporarily reducing overall blood volume.

Chili Peppers Fight Inflammation. Capsaicin is a potent **anti-inflammatory** agent. It inhibits Substance P, which is associated with inflammatory processes, much like it relieves **headaches and migraines**, listed earlier. Capsaicin may also one day be a treatment for arthritis, psoriasis and diabetic neuropathy.

Chili Peppers Help Soothe Intestinal Diseases. A Duke University study found that capsaicin may lead to a cure for **inflammatory bowel disease (IBD)**. The substance can also help to kill bacteria such as **H. pylori**, which can help prevent **stomach ulcers**.

Chili Pepper Can Help You **Burn Fat and Lose Weight** by increasing the metabolism of the body's adipose tissue, generating heat.

Chili Peppers Help **Protect Your Heart**. Capsaicin may help to protect the heart by **reducing cholesterol, triglycerides and platelet aggregation**. It may also help the body dissolve fibrin, which is necessary for **blood clots** to form. Further, cultures

around the world that use hot peppers liberally in their meals have significantly lower rates of heart attack and stroke than cultures that do not.

Chili Peppers Have Loads of Vitamin C. A typical chili pepper packs more vitamin C than an orange.

Chili Peppers Can Warm Your Feet! If your feet get cold in the winter, try this -- sprinkle powdered cayenne in your shoes. It will keep you feet nice and warm during those cold winter nights!

CHLORELLA - AMAZING STUFF- 62% amino acid content

Is considered one of the most complete foods on the planet- you can live off this stuff indefinitely. It has ALL the amino acids (a complete protein) - more than any whole food on Earth, plus all kinds of minerals, enzymes, chlorophyll and pretty much everything else....Beta carotene (vit A), C, E, K, B complex B1, B2, B6, B12, niacin, pantothenic acid, RNA, DNA, folic acid, biotin, choline, and inositol. Phosphorus, potassium, magnesium, germanium, sulfur, iron, calcium, manganese, copper, zinc, iodine, cobalt, and trace elements It replicates so fast it quadruples every twenty-four hours. (amazing genetics) It also quadruples our friendly flora (probiotics) making it one of the most potent 'growth factors' available. (listen up bodybuilders). It boosts the immune system immensely (helps children grow and stay healthy), helps digestion, alkalizes, heals intestinal lining, helps remove chemicals, toxins and heavy metals from the body. It enhances health and muscle growth, Increases the concentration of hemoglobin in red blood cells(for iron and oxygen), helps reduce cholesterol, and helps the liver detox.

Chlorella has seriously high levels of protein (18 amino acids) more protein than soy and twice as much as steak !

- The BEST SOURCE OF CHLOROPHYLL in the world - more than spirulina, wheatgrass, alfalfa, barley... anything! Chlorophyll is the most powerful detoxifying agent in nature- also helps clean the liver
- It's one of the best sources of ENERGY for low energy people
- improves Digestion and digestive issues up to 90% !!! both constipation, indigestion AND diarrhea, heals and calms the intestinal lining, multiplies friendly flora by 400% and improves nutrient levels and absorption
- not only more energy but BETTER SLEEP
- reduces JOINT SORENESS
- improves MEMORY and BRAIN ALERTNESS
- improves EYESIGHT
- heals "unsolvable" health issues
- A SERIOUS DETOXIFIER- removes heavy metals, plastics, pesticides, mercury, chemicals,etc. It latches on to toxins that affect the brain, joints and cardiovascular system.
- contains AMAZING GROWTH FACTORS that helps the body produce new cells at an astonishing level
- normalizes CHOLESTEROL and BLOOD PRESSURE LEVELS

- 6 times more Beta Carotene than spinach
- an amazing fiber
- one of the highest sources of nucleic acid of any food- even more than sardines- awesome for anti-aging
- over 50 times the antioxidants and flavonoids of vitamin C or E
- awesome for anti-aging- makes skin firmer, fewer wrinkles and age spots

It replicates so fast it quadruples every twenty-four hours. (amazing genetics) It also quadruples our friendly flora (probiotics) making it one of the most potent 'growth factors' available. (listen up bodybuilders). It boosts the immune system immensely (helps children grow and stay healthy), helps digestion, alkalizes, heals intestinal lining, helps remove chemicals, toxins and heavy metals from the body. It enhances health and muscle growth, Increases the concentration of hemoglobin in red blood cells (for iron and oxygen), helps reduce cholesterol, and helps the liver detox.

It has ALL the amino acids (a complete protein) - more than any whole food on Earth, plus all kinds of minerals, enzymes, chlorophyll and pretty much everything else....Beta carotene (vit A), C, E, K, B complex B1, B2, B6, B12, niacin, pantothenic acid, RNA, DNA, folic acid, biotin, choline, and inositol. Phosphorus, potassium, magnesium, germanium, sulfur, iron, calcium, manganese, copper, zinc, iodine, cobalt, and trace elements

When nothing else seems to work, chlorella works magic in hopeless cases and brings them back to life by detoxing the body, cleaning the liver, cleaning and rebuilding cells, growing new cells hundreds of times faster, raising energy levels, normalizing all digestion problems, better sleep so body can heal... you name it- chlorella is one of the world ultimate top superfoods !!!

Best taken on an empty stomach at least 20 minutes before other food.

NITRIC OXIDE

Prevent heart attack and stroke with Nitric Oxide. allows blood to circulate with less force. Raising nitric oxide levels in hypertensive patients can lower blood pressure by 10 to 60 points.

It helps prevent dangerous clots (lessens clotting)

reduces arterial plaque by 50% by reducing inflammation in artery walls by inhibiting the passage of monocytes, a type of immune cell into the artery wall that promotes inflammation

Nitric Oxide can't be measured very easily because it disappears almost instantly when exposed to air. It can't be taken in supplement form because it's a gas. But people can take supplements that help increase nitric oxide in blood vessels.

-L-Arginine- 2,000 to 3,000 mg twice a day totalling 4,000 to 6000 a day

-L-Citrulline- arginine doesn't enter cells well unless combined with L-Citrulline. Melons and cucumbers are good sources but don't provide enough to significantly increase nitric oxide levels

-400-600 mg daily

- Vit E to help
- Vit C helps
- aerobic exercise at least 20 min 3x a week
- cut or minimize saturated fats- meats, butter, whole milk- contributes to arterial plaque
- Better- olive oil, fish and flax- raise beneficial HDL and lower bad LDL
- more fiber- fruits and vegetables lowers blood pressure and LDL and raises HDL.
- drink at least 8 glasses of water a day to help fiber move through your system properly

LOWER CHOLESTEROL with Polycosanol -at least 10 mg for at least 4 months
 Polycosanol is a "fatty alcohol"- the waxy coating on citrus leaves and peels.
 Commercial polycosanol supplements are usually made from sugarcane or beeswax.
 Natural sources are citrus peels, wheat germ and caviar.

CHOLESTEROL

Cholesterol is not all bad. Our body creates it for a reason. It's needed for hormone production, metabolism, and brain function, but it's main job is to patch leaky and damaged pipes (arteries). It goes through our body harmlessly and only attaches itself to the walls of an artery where it is damaged. Three really big things that damage artery walls are-

- chlorine (from tap/shower water),
- hydrogenated oils or trans fats (probably in most of what you eat)
- Homogenized dairy products. The homogenizing process makes cheese, milk and yogurt deadly.

A stressed out overly acidic blood system full of yeast, bacteria, undigested proteins and pathogens damages and weakens arteries, so cholesterol starts piling on, trying to protect the arteries and keep them strong. Trouble is, like scar tissue, cholesterol makes things hard and inflexible. And the more it piles on, the harder the arteries get and the more blood flow is restricted (the less it is able to flow through "the pipes"), thus raising blood pressure and risk of heart attacks.

What makes the body acidic? You know, the typical list- unnatural, cooked, processed refined baked foods, sugar, alcohol, meat, cheese, milk, smoke, sodas, breads, chemicals, preservatives, stress, etc etc.

What makes matters even worse for people who eat meat and dairy, is that all cholesterol comes from animal sources (plants don't have cholesterol... not even oily stuff like olive oil, avocados, nuts etc). Cholesterol is only created by our own bodies and bodies of animals. So when we eat animal flesh or liquids that come from an animal, it contains cholesterol from that animal, therefore we are increasing the amount of cholesterol in our bodies immensely. And since most animals are raised in terribly unhealthy conditions and pumped full of drugs, they are SATURATED with cholesterol.

That said, cholesterol counts from blood tests don't mean much. People can have a really high count and no heart disease or blocked arteries, yet there are people who have really low cholesterol counts who's arteries are as clogged as the New York sewers and drop dead from heart attacks. So it's not totally a matter of how much cholesterol you have, but how unhealthy your body is, because only then will the cholesterol become your enemy. In that case, those people with high counts are asking for trouble. It would be like pouring a truckload of cement into your veins.

But scanning for plaque with mobile scanning devices is somewhat misleading, because they cannot check all the arteries in the body, and plaque formation in the carotids is not an indicator for the rest of the body. There is a lot more involved in the risk of a heart attack or stroke than simply the amount of plaque formation in an artery. Many drugs like nonsteroidal anti-inflammatory drugs (NSAIDs) are known for causing heart attacks and strokes because the drugs constrict the blood vessels. Stress and diabetes also tighten the vessels. Tests can't show all this.

Forget about your cholesterol levels. Check to see if your arteries are clogged or not, and if they are, clean up your act. Dissolve away that cement and stop eating crap that magnetizes cholesterol to your arteries.

So now that you know the basics, let's get on with **cholesterol 101**, so you know what your readings mean when you get your blood test back. There is good cholesterol and bad cholesterol, just like there are good fats and bad fats.

Terms-

HDL- high density lipo-protein (GOOD cholesterol)

LDL- low density lipo-protein (BAD cholesterol)

VLDL- very low density lipo-protein (VERY BAD cholesterol)

LDL-(bad) think of this stuff as construction workers that do sloppy patch jobs leaving excess cement behind on artery walls. Signs this has happened-

-cold hands and feet (poor circulation)

-leg cramps

-breathing problems, asthma, pulmonary issues

-dry skin and hair

VLDLs have been linked to heart disease and cancer (**take Niacin**)

WHAT ARE GOOD CHOLESTEROL LEVELS ?

Good LDL levels- less than 130 mg/dL

High LDL levels- over 160 mg/dL

High levels end up blocking blood flow to your heart (heart attack) and brain (stroke).

Warning signs -heart palpitations, dizziness

HDL- (good)- helps prevent artery walls from getting clogged by carrying away excess LDL cholesterol to the liver to be turned into excretable bile.

Good HDL levels- 60 mg/dL and above

Low HDL levels- below 35 mg/dL too low

Total cholesterol levels should be under 200 mg/dL.

Anything over 240 mg/dL is heart disease territory

Anything below 180 isn't good either, unless you want hemorrhagic stroke.

Cholesterol lowering drugs mess up your liver and all kinds of other body parts like um- your heart, your ability to have sex, uh- kidney failure, what else- your eyes, stomach, adrenals... geez, why do people take this stuff? It doesn't even lower heart attack risk because it destroys half the body's supply of CoQ10, which is necessary for heart strength and holding your arteries together. By the way, do not take grapefruit if you're on cholesterol medication.

Blood pressure drugs are bad news too- **calcium channel blockers** double your heart attack risk. (ironic, huh?)...and have been known to make people suicidal. This is like tossing a cement block to a drowning victim.

Want something a little healthier ? try MAGNESIUM. (tip >Anytime you hear the word calcium, think Magnesium and take some.) Magnesium is a natural calcium channel blocker.

WHAT THE HECK ARE TRIGLYCERIDES ?

Triglycerides are sticky blood fats that cause red blood cells to stick together and increase the density of LDL (the bad) cholesterol. High levels makes circulation difficult (think sugary glue) making things very difficult for your poor heart. If your triglyceride level is over 250, you just doubled your chances of a heart attack. Yes this has to do with blood sugar and eating too many sweets.

good- less than 200 mg/dL

bad- above 400 mg/dL

ALRIGHT- JUST TELL ME WHAT TO TAKE...

NIACIN is one of the only substances that can elevate good HDL cholesterol while lowering bad LDL cholesterol, triglycerides and VLDLs. It dilates blood vessels, improves circulation and helps blood sugar problems which create the triglyceride menace.

BIOFLAVONOIDS- anti-inflammatory (works as well as prescription anti-inflammatories), anti-microbial - part of the vit C complex, bioflavs prevent arteries from hardening, and help make blood vessels strong and supports collagen. They hold

connective tissue together, lessen bruising, internal bleeding, hemorrhaging, swelling, spider and varicose veins, lower cholesterol, stimulate bile production, strengthen the immune system and fight inflammation and infections and herpes. They slow cataract formation, and help prevent diabetic retinopathy. The body can't make this stuff, so you have to get it from natural fresh foods. Quercetin is the strongest supplement form.. Good food source of bioflavns are blueberries, cherries, sea plants, peppers, turmeric, ginger, alfalfa, rosehips, the white part under the skin of citrus fruits, buckwheat greens, and herbs like hawthorn, nettles, yellow dock, elder, shepherd's purse, and juniper berries.

GREEN TEA- antioxidant that helps keep cholesterol from oxidating (you don't want oxidated cholesterol, trust me)

LECITHIN ** helps dissolve accumulated cholesterol (yay!) and helps get rid of that nasty arterial plaque

JIAOGULAN*** dilates blood vessels, lowers blood pressure, LDL, VLDL, triglyceride levels, (used in China for centuries)

CURCUMIN** - a turmeric extract, the yellow spice used in curry. A powerful oil-soluble anti-tumor anti-cancer antioxidant which can fight viruses, curcumin (and turmeric) are an anti inflammatory, relieves arthritic symptoms, inhibits platelet aggregation, controls excess fibrin buildup in blood vessels which leads to blood clots. Curcumin increases bile secretion and protects against blood cholesterol rise from eating fatty foods. It's . It inhibits tumor necrosis factor (TNF),so HIV can't replicate in T-cells. numerous studies show the anti-tumor power of turmeric and curcumin. Very good for cholesterol**

ALLYLIC SULFIDES- powerful organic antioxidant sulphur compounds found in garlic and onions that fight bacteria and viruses like staphylococcus, streptococcus and salmonella. They also help the heart, cardio system, lower cholesterol levels, decrease blood clotting, and help skin stay young.

SULFUR- our body needs it as much as water. Sources are pine bark, pine needles, pine nuts, aloe vera, wild grasses, onions, garlic, peppers, arugula, watercress, radishes, eggs, durian etc. (basically smelly bitter stuff) Sulfur is in all living things and aids in the proper formation of proteins associated with connective tissues, hormones and antibodies. It's needed for the formation of **collagen**, which makes up over 30% of the protein in our body. Collagen is **needed for skin integrity and elasticity**. Sulfur is important for hormones, enzymes, antibodies, antioxidants, tissues and body proteins. It contributes to healthy hair, nails, skin softness and encourages repair of damaged skin by stimulating production on collagen. Sulfur does wonders for **scar tissue** by helping remove cross-linking in skin protein tissues- meaning it also

helps with **wrinkles**. Sulfur is often used for **muscle and joint pain** stopping pain impulses before they reach the brain.

It **increases blood circulation** and maintains acid-alkaline balance.

It boosts both natural **detoxification**

It **boosts immunity** by helping the body produce immunoglobulins (antibodies)

Sulfur **dissolves inorganic calcium from arteries, heart, lungs**.

Difficult **internal and external scar tissue** and burns can be broken down and repaired with sulfur

It increases the **absorption of all food nutrients** and supplements taken within 12 hours.

Sulfur causes fat to disperse in the bloodstream **preventing fat from clumping in the blood**.

Sulfur plays a major role in bile fluid, the brain, connective tissue, hair, liver, nails and skin

Sulfur is the foundational mineral of all **beauty**... the best cosmetic in the world

Sulfur regulates the sodium/potassium electrolyte balance in and out of the cell. This makes the cell more permeable and better able to drive nutrients into, and waste out of the cell.

Sulfur **helps relieve pain and inflammation** by allowing waste products to be flushed out of the cell.

Every time the body removes toxins from the cell, it also removes a sulfur compound that neutralizes the toxin. Therefore, sulfur is a vital mineral in the detoxification process.

Four major amino acids- methionine, cysteine, cystine and taurine depend heavily on sulfur.

It **relieves constipation**

It helps **heal burns and scars**

Hypoglycemia is associated with a deficiency of sulfur at some level

Sulfur provides elasticity, movement, healing and repair within tissues. Sulfur reduces lactic acid buildup and has the ability to possibly **eliminate muscle, leg and back cramps**. Adequate sulfur levels in the diet can increase recovery in athletes by 75%.

Sulfur helps to **alleviate pollen and food allergies**. Sulfur neutralizes foreign proteins, such as pollen allergens very fast.

Sulfur has been shown to **reverse arthritic conditions** by improving joint flexibility, reducing inflammation, reducing **arthritic pain**, and by **breaking up scar tissue**

Eat sulfur foods (**garlic, onions, hot peppers, arugula**) with fats (avocado, nuts, oil, seeds etc) to soften the harsh edge (spicy and fats go good together)

OTHER THINGS THAT HELP:

- MAGNESIUM- 1 teaspoon 3x day
- Grapeseed oil ****
- NIACIN, men 1500mg, women 1000mg
- White pine bark
- flax seed
- Garlic- reduces LDL cholesterol, while leaving HDLs alone.
- Vitamin C- reduces both LDL and triglyceride levels,
- Green tea
- Ginseng lowers cholesterol
- Nutritional Yeast lowers cholesterol
- Sea greens lower cholesterol and contain Iodine which helps fight arterial plaque.
- green superfoods, spirulina, chlorella

- probiotics,
- Tocotrienols,
- aloe vera- see below
- organic wine raises HDLs (limit to 1 glass)
- olive oil- raises HDL, removes bad fats
- walnuts
- avocados
- yams
- onions
- lecithin
- hawthorn***
- Tocotrienols (good results) see below
- CoQ10***
- Grapeseed
- Bilberry
- Elderberry
- Carnitine
- EFAs *** Udo's oil***-lowers LDL bad fats
- Ginseng -raises HDL
- Suma root
- cayenne
- ginger
- fenugreek
- NAC(N-acetyl-cysteine)1000mg daily
- chromium
- milk thistle,
- dandelion
- licorice
- barley
- fiber rich foods

ACAI- great for cardiovascular health, blood pressure and cholesterol levels

APPLE FIBER- has soluble and insoluble fibers that lower cholesterol and removes heavy metals

My [COLON formula](#) has all kinds of great fiber and prebiotics.

oh yeah- **Exercise !!!**

eat smaller meals

reduce your stress, another cause of high cholesterol

TOCOTRIENOLS exert powerful antioxidant, anti-cancer action, and a major area of success with the use of tocotrienols is in lowering elevated cholesterol levels without side effects.

nicotine / smoke raises cholesterol levels

CHROMIUM- lowers cholesterol , increases HDL. Sources- Nutritional Yeast, honey, grapes, raisins or supplement form GTF.

CLA- CONJUGATED LINOLEIC ACID- an essential fatty acid with great reputation for reducing cholesterol

GAMMA ORYZANOL (GO) lowers cholesterol and triglyceride levels

GUAR GUM-soluble digestive fiber that lowers cholesterol and helps blood sugar, along with feeding and helping probiotic flora become stronger

GUM GUGGUL- Ayurvedic stuff that reduces cholesterol and triglyceride levels by increasing the liver's metabolism of LDL cholesterol, along with feeding and helping probiotic flora become stronger

LION'S MANE (mushroom) that helps lower blood pressure and cholesterol

METHIONINE- essential amino acid

PHOSPHATIDYL CHOLINE- part of the lecithin world, it helps melt away cholesterol and triglycerides

CHOLINE- a B complex family member that works with to emulsify (dissolve) fats. Good for healthy brain function, choline is a neurotransmitter that aids memory and learning, dizziness, retard alzheimers disease and neurological disorders, lower cholesterol, overcome alcoholism, liver and kidney disorders, even cancer.

TAURINE**- an amino acid that lowers cholesterol, normalizes heartbeat, prevents seizures and heart problems.

VITAMIN B-3 (Niacin) great for lowering cholesterol when combined with chromium

VITAMIN B-5 (Pantothenic Acid)- antioxidant that lowers cholesterol

ARTICHOKE LEAF EXTRACT- liver protector and gentle diuretic, increases bile flow, helps digest fats and get digestion moving, lowers cholesterol and blood pressure, good for indigestion and heartburn- see below for details

SUNLIGHT lowers cholesterol, blood pressure and blood sugar.

REHMANNIA ROOT- lowers cholesterol

BENTONITE CLAY helps carry away bad cholesterol, grease, oils etc. Take before and after a "bad" meal.

WATER lowers blood cholesterol. One of the functions of cholesterol is to protect cells from dehydrating. If you are not getting enough water, you might have cholesterol issues.

RED CLOVER BLOSSOM-helps thin blood and reduce cholesterol, high blood pressure and blood clots.

SHILAJIT lowers cholesterol, triglycerides and phospholipids- great stuff

SERRAPEPTASE enzyme- helps dissolve away arterial plaque. .5mg 3x day

Unused food in our bodies gets stored as saturated fat and cholesterol in our arteries. Eat less.

PET owners have lower blood pressure, and lower cholesterol levels

ACIDOPHILUS- beneficial bacteria that synthesize nutrients in the intestinal tract, fight bad pathogenic bacteria like candida albicans and E Coli, and maintain a healthy intestinal environment. Also help auto-immune diseases that involve colon toxicity, like rheumatoid arthritis and chronic fatigue syndrome. Treats herpes simplex I and II, acne,

mouth ulcers, even high cholesterol. Helps slow cancer growth. Use for digestion and overall health. Take at the end of the day or on empty stomach. Do not take at same time as enzymes.

ALOE VERA- is one of the most amazing miracle food plants on the planet. It's so fantastic, it's like aliens put it here. It lasts forever. Stores for months- cut it and it heals itself! It's a smart plant- it can tell the difference between normal cells (which it stimulates), and bad stuff like viruses, cancer, leukemia or HIV- which it stops from spreading. It's used in AIDS treatment. It's antiviral, antibacterial, good for candida, parasite, fatigue syndromes, fibromyalgia, allergies, arthritis, and skin conditions like eczema, psoriasis. It eliminates toxic wastes, has EFAs and is a powerful anti-inflammatory that help stomach and colon, which it helps clean. It helps every part of the body cleanse itself. It heals the digestive system with conditions like indigestion, acid reflux, IBS, colitis, Crohn's disease and ulcers. (reduces ulcers by 80%!) It reduces cholesterol and triglycerides, helps metabolize fat and is great for... oh where do I start- adult diabetes, angina, blood sugar, cholesterol, acne, AIDS, allergies, anemia, arteries, arthritis, athletes foot, bad breath, baldness, bladder infections, bronchitis, bruises, burns, bursitis, cancer, candida, cataracts, cold sores, colic, colitis, constipation, cuts, cystitis...

Aloe has all kinds of natural steroids, antibiotics, amino acids, minerals, enzymes and stuff we haven't even discovered yet. Put it on your skin and it soaks right through into your body and blood stream, going right to work. Speaking of SKIN- Aloe is miracle skin stuff- it's rich in organic silicon and helps make strong cell and artery walls, mucous membranes, and the connective tissues of bones and cartilage, while healing skin cancers, hemorrhoids and varicose veins. It stimulates lymph movement and even has aspirin-like salicylic acid.

METHIONINE- essential antioxidant amino acid, blasts free radicals. Has lots of organic sulphur for healthy liver, lymph and immune system. Protects against chemical allergic reactions. Keeps fats from building up in liver and arteries (good for high blood pressure and cholesterol) Protects from toxemia during pregnancy. Also good for healthy skin, hair and nails. Prevents hair loss.

HISTIDINE- amino acid in hemoglobin important to the production of both red and white blood cells, semen, glycogen(energy). Histidine also turns into Histamine in the body, which is important to a strong immune system, fighting allergies, colds and respiratory infections. It's a strong vasodilator, relieves hypertension, helps cardiovascular diseases, anemia, cataracts, joint nutrition, arthritis, removes heavy metals, and oh yeah- it raises libido in both sexes. Found in alfalfa sprouts, apples, beets, carrots, celery, cucumbers, endive, papayas, pineapples, pomegranates

Dan Shen- slows the heart, and by increasing coronary blood flow, strengthens the contractions, and helps to correct irregular heartbeat. Dan shen has been shown to help prevent the damage to the heart and brain that normally occurs after heart attack or

strokes. Dan shen dissolves blood clots and prevents the formation of new ones. It lowers cholesterol and triglyceride levels, prevents oxidative damage to nerve cells in the heart and brain, and helps with adrenal function to prevent stress induced thyroid dysfunction (good for thyroid).

Red Clover - Contains 4 phytoestrogens, including the same 2 found in soy. Helps regulate hormone balance and protect the body from cancer and other side effects of estrogen dominance. Helps skin healing- wounds, psoriasis and other external conditions, plus internal conditions such as prostate and menopause, hot flashes, etc. Red clover blossom and garlic- help thin blood, keep blood vessels pliable and reduce cholesterol, which alleviates high blood pressure and reduces the risk of blood clots. Clover blossoms are an expectorant- treats spasmodic coughs, good for bronchitis, asthma,eczema, psoriasis, menopausal symptoms, floral infusion in a douche helps alleviate vaginal itching Has isoflavones for cancer prevention helps with enlarged prostate

ARTICHOKE (and LEAF EXTRACT) liver protector and gentle diuretic, increases bile flow, helps digest fats and get digestion moving, lowers cholesterol and blood pressure, good for indigestion and heartburn

Artichokes, which can be eaten or taken as artichoke leaf extract, have been shown to improve various digestive health disorders. They significantly lower blood cholesterol levels, prevent heart disease and atherosclerosis, enhance detoxification reactions, as well as protect the liver from damage. The artichoke is one of the oldest medicinal plants dating back to 4th century B.C. Ancient Greeks and Romans used the artichoke for digestive problems. Clinical and experimental trials have shown that eating artichokes may be useful in treating chronic digestive complaints including irritable stomach, nervous gastropathy, flatulence, and irritable bowel. Artichokes have been proven through clinical studies to be a safe, non-toxic, natural way to prevent and treat high cholesterol. They increase the breakdown of cholesterol to bile salts, thus increasing bile production and flow, and regulate the internal production of cholesterol in the liver.

Artichokes have been shown to lower LDL (bad cholesterol) and increase HDL (good cholesterol). One study showed a decrease in total cholesterol of 18.5 and LDL cholesterol by 23. This amazing plant had actually gained widespread popularity in the 1950`s and 60`s before statin drugs came along. They contain high amounts of luteolin, which is known to play a role in it cholesterol lowering abilities.

Artichokes are packed with antioxidants, making them incredible defenders against cancer, aging, heart disease, and illness.

Artichokes are packed with vitamins, minerals and phytonutrients that increase health and wellbeing. These include:

Quercetin- An anti-carcinogen flavonoid that works as an antioxidant to protect against cancer and heart disease.

Rutin- A flavonoid which promotes cardiovascular health, helps prevent cell proliferation associated with cancer, and has anti-inflammatory and anti-allergenic properties.

Anthocyanins- Color pigments in Artichokes that are powerful antioxidants. They are associated with a lower risk of certain cancers, urinary tract health, memory function and healthy aging.

Gallic Acid- A potent antioxidant also found in red wine and black tea. It has been shown to inhibit cell proliferation in prostate cancer cells.

Luteolin and **Cynarin**- very powerful polyphenol antioxidants that may lower cholesterol levels. Artichokes are very concentrated in cynarin, which may also help in regeneration of liver tissue.

Caffeic Acid and **Chlorogenic Acid**- Contains anti-cancer, antimicrobial, anti-LDL (bad cholesterol) and antiviral properties.

Silymarin- A powerful antioxidant that may aid the liver in regenerative tissue growth.

One artichoke contains approximately one fourth of the average adult's daily fiber requirements. It is also packed with vitamin C, potassium, folic acid and magnesium!!
rub on insect stings

Personal work- Don't resist. Let the joy flow

CIRCULATION

GET OFF YOUR ASS! A sedentary lifestyle slows down circulation, metabolism and elimination of toxins. Hands, feet, face and ears become cold easily

- -memory gets noticeably worse
- -ringing in ears,
- -depression and lethargy sets in

1. unclog yourself with colonics/ enemas

2. get in the shower and run hot water 30 seconds, then COLD water 30 seconds, then hot water , then cold etc, alternating at least a dozen times. Scream all you want- I don't care.

3. Do and take the following a lot every day-

THE POWER OF HOT PEPPERS-

Cayenne and Ginger brings life and vitality back to the whole body. Use it every day. No other herb stimulates blood flow as fast and well as cayenne.

Dr. Schulze uses this stuff to stop heart attacks, strokes, fainting, inflammation etc.

You can even just put some cayenne in a glass of water and chug it.

topical- rub Cayenne (capsicum) ointment on area- for some real punch, add a dab of DMSO (KEEP AWAY FROM EYES!)

- exercise, to where you are sweating, huffing and puffing
- massage, especially deep muscle swedish massage
- Qigong/T'ai Chi,
- GINKGO BILOBA ***
- GINGER,
- mustard
- garlic
- turmeric
- rosemary
- green tea, white tea
- hawthorn,
- Fo-Ti,
- Ginko Biloba,
- organic wine,
- eleuthero,
- - Glycine 500mg
- -chromium picolinate 200mcg
- CoQ10
- electrolytes

NIACIN -start with 1000 mg, and keep going up till you feel better. Some need 3000, some alcoholics need 5000... some people even went up to 10,000 mg. I know that's a lot, but there doesn't seem to be any toxic effects from Niacin even at high doses. All it does is make you blood circulate a lot more and you will feel a rush of warmth- your body will get hot sometimes. Better to take early in the day or you might get night sweats.

CAPSICUM (CAYENNE)- one of the best circulation boosters there is. Helps ease pain in joints and muscles. Helps the whole cardiovascular system. Good for the heart. A great anti-inflammatory. Capsicum cream is good for arthritis, neuralgia, fibromyalgia, sports injuries, sore and sprained muscles. Helps digestion, burn calories, lose weight, , and boosts the action and potency of other herbs. Cayenne unblocks and brings life and vitality back to the whole body. Put it on cuts to stop bleeding (no it doesn't burn). In emergencies, it's helped save people who were having heart attacks, strokes or fainting.

ASTRAGALUS- Vasodilating properties help lower blood pressure, improve circulation, has anti-clotting properties, nourishes exhausted adrenals to combat fatigue, good for nerves and hormones.

CAMPHOR- helps promote circulation.

ROSEMARY- antioxidant that stimulates brain and memory

Every morning, drink juice of one lemon in glass of water with a bit of cayenne.

BUPLEURUM- improves circulation, respiration, great for heart, arteries and lungs.

CAMPHOR-gum and bark are used for circulation, pain, nerves, multiple sclerosis, hepatitis, skin conditions

BENTONITE CLAY- to externally bring blood to areas that need circulation, make a paste by mixing with extra virgin organic olive oil -paste and slap on the area- great for diabetics. Also try the cayenne/ DMSO ointment (see above)

CACTUS GRANDIFLORUS STEM increases the heart's pumping force without increasing the heart's oxygen demand.

SERRAPEPTASE enzyme- breaks up arterial plaque, less resistance for blood flow

CHUAN XIONG- Used in Chinese medicine to improve circulation by dilating blood vessels, and to calm the nerves.

A great exercise for the hands is to shake them vigorously a few minutes.

WALK BAREFOOT EACH DAY a bit to improve circulation and stimulate other parts of the body. Walking barefoot stimulates and energizes our health.

ALTERNATE HOT AND COLD (hot/cold water in shower etc, ice and warm packs etc)

BAD FOR CIRCULATION-

- fried fatty foods (esp trans fats in snacks)
- sugar, caffeine, salt, dairy
- smoking and alcohol that restrict blood flow

reflexology- middle finger

SUNLIGHT-

Sunlight is not the problem; the problem is sunburn. Sunburns only happen from excessive and inconsistent exposure to sunlight, like when your body is not used to it.

A Swiss study concluded that five of the most common ingredients in sun screens cause cancer. The more sun screen you use, the higher your chances of getting skin cancer.

Sunlight is very alkalizing to the body. 30 minutes a day minimum.

If you are sick one of the things you must do is go out in the sun. The sun itself can virtually cure disease. Every living thing on the planet, with rare exception cannot live without solar energy from the sun. Without sunlight, you develop diseases, including depression, lack of energy, poor sleep, poor digestion, weight gain, arthritis, constipation, bad breath, body odor, cancer, high blood pressure, high cholesterol, diabetes, ADD, stress, headaches, susceptibility to colds, flus and viral infections, PMS, male erectile dysfunction, loss of sexual desire in women, anxiety and more.

Sunlight lowers cholesterol, blood pressure and blood sugar. It also increases endurance, aids sex hormone production and builds the body's resistance to infection.

During exercise, the skin temperature rises. This increase boosts up the production of collagen, which is essential in keeping the skin's youthful tone and texture.

The same elements that protect leaves from sunlight protect you from UV

Without sunlight, the bones cannot become calcified. Sunlight builds the immune system and increases oxygenation of the skin. It lowers blood sugar. Sunlight brings more blood to the skin surface which helps heal cuts, bruises and rashes. Open wounds and broken bones heal faster in sunlight. Sunlight improves eyesight and hormones. The best UV protection is inner protection- from the food you eat. Get at least 30 minutes of sunlight each day. There is no mistake in nature. We need sunlight.

- makes bones denser and muscles stronger
- richer blood
- healthier nerves
- vitamin D which assists the mineralizing of bones, is formed when skin is exposed to sunlight
- sunlight increases the amount of iron in the blood (gives tanned look)
- USA cancer rates are highest in states with least sunshine
- sunshine may reduce breast cancer by up to 40% and ovarian cancer by 80%
- sunlight raises the mood
- direct exposure kills most forms of mold, fungus and yeast
- normalizes hormone levels

Sunlight **helps muscles grow**- expose genitals for testosterone

Sunlight helps heal eyes- look at sunsets and sunrise

Natural Sun Protection

It's long been known that apple peel contains high concentrations of special antioxidant compounds called phenols that may assist in the prevention of a number of chronic diseases. Now it appears that the phenols in the skin of certain cultivars of apples may provide a hefty dose of UV-B protection, according to a study published in the *Journal of Experimental Botany*. Researchers evaluated both Granny Smith and Braeburn apples, with Braeburns being the clear winner in terms of their ability to accumulate UV-B protective quercetin glycosides in their sun-exposed skin. Sun-kissed Braeburns were resistant to high doses of UV-B radiation (up to 97kJ m⁻²). Next time you plan to spend time in the sun yourself, start your day with a Braeburn apple or bring one or two along for lunch and snacks.

(VITAMIN D IN SUNLIGHT) a critical fat soluble vitamin, D works with A to utilize calcium and phosphorus in building bones and teeth. Although we call it a vitamin, D is really a hormone produced in the skin from sunlight. Cholesterol compounds in the skin convert to a vitamin D precursor when exposed to V radiation. 20 minutes a day or early morning sunshine make a real difference to your body's vitamin D stores, especially if you are at risk for osteoporosis. Vit D helps in all eye problems including spots, conjunctivitis and glaucoma. Helps protect against colon cancer. Deficiency results in nearsightedness, psoriasis, soft teeth, muscle cramps and tics, slow healing, insomnia, nosebleeds, fast heartbeat, muscle pain, gum disease, seizures, fertility, asthma, cystic fibrosis, migraines, depression alzheimers, schizophrenia.

If you want to control Asthma- vitamin D

That's why it works so well on cancer- lots of people die of cancer because they dont take enough vit D

(sources other than sunlight- cod liver oil, yogurt, butter, herring, halibut, salmon, tuna, eggs) dried mushroom

Tuberculosis- sunlight treats TB- someone got a nobel prize for it
it doesn't work if sunlight comes through windows
windows filter out UV B which our bodies need to produce vit D
but windows let UV A through which causes cancer

vit D2 doesn't work- made from plants

vit D3- made from animal source- created when sunlight hits sheep wool- activates the lanolin-

Vit D is a powerful epigenetic influence - regulates over 2000-3000 genes- shutting them down or turning them on- that's why it worked on so many different diseases. This

is why people feel better when in sunlight. It directly affects our mind which in turn affects our genes and cells. This has been scientifically proven.

For every person who dies from skin cancer from excess UV, more than 200 die from all cancers due to insufficient UV

sunscreen is like windows- let UVA through but block UVB- prevents body from producing vit D and promotes cancer- sunscreens actually cause more photoaging- increases skin cancer and melanoma 18X

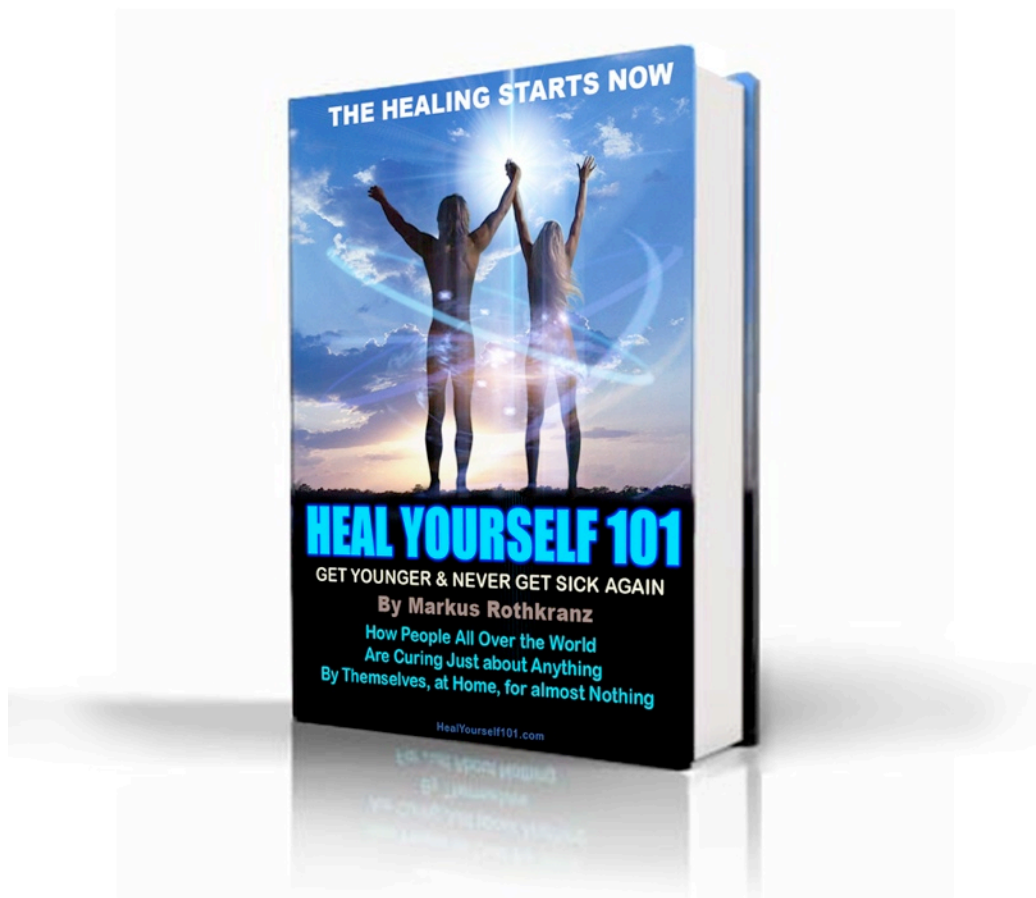
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Your liver is your body's filter. It's your most important organ. All illness starts with a clogged liver. All cholesterol and toxins end up in the liver creating stones which end up in the gallbladder. The liver also produces glucose- your body's energy source- so IF YOU ARE TIRED a lot- you need to clean out your liver !
Contains Chanca Piedra- an herb that literally dissolves stones!



FREE-COLON

Cleaning out the colon is the FIRST thing you should do before anything else. This formula helps get things moving without giving you the runs. It has lots of fiber to brush your insides, it absorbs toxins, has Aloe to soothe the intestines, ginger to ease the digestive system, citrus flavonoid antioxidants and Cascara Sagrada to push it all out. Works great !



CHARCONITE

A super powerful combination of Charcoal and Bentonite to absorb ANYTHING toxic inside you, plus some herbs to help push it out through your digestive system. Perfect for gas, food poisoning, toxic environmental poisons, bad food, and even toxins created by illness and parasites.
It goes through your system absorbing anything bad.



AGE-FREE Powerful anti-aging

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If you read my main book *Heal Yourself 101*, you should have the info you need to dramatically change your life. But I know to many of you this is new territory and might seem a bit scary and strange, especially after a lifetime of misinformation and bad habits passed on to you from parents, friends and society. It's really pretty simple, but our minds are afraid of new things and unfamiliar territory. It tries to protect us from what it doesn't know. The irony is- it's been HURTING us because it's been told all kinds of garbage, and that's why people are so sick, tired, run down, depressed, unhappy, unsuccessful, irritated and confused.

I get lots of emails every day from all over the world (about 300) and I just don't have time to answer them all... especially when they start asking health questions. I can't "fix" you with one quick email. There is no magic pill. I need to know lots of things about you in order to be able to get an idea why you are the way you are. The absolute best way to figure out what you need is to personally come to your house and go through your refrigerator and cabinets... but most of you probably can't afford that. So the next best thing is telephone consultations, where I can focus on you intently, listen to your situation, your issues and feelings. Within one hour I can pretty much help cut through all the crap and zero right in on your problems, what's causing them and tell you what to do about it.

The answers are usually simpler than you think. We were born with everything we need. Nature is perfect. All you need to do is understand it a bit better. And when you do, you will be in love with life and amazed at how awesome and miraculous it is. There is pure genius in the grand design of life and how it all connects. If bugs can understand it, so can you. Your overly paranoid analytical fearful mind just got in the way. Let me help clear it out and get on on the path of true life again. Get younger. Never get sick again !

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