



Heart Health

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Discover Miracle Products

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Introduction

Did you know that the average adult heart beats 72 times a minute, 100,000 times a day, 3,600,000 times a year, and 2.5 billion times during a lifetime? Every day, the heart creates enough energy to drive a truck 32 km. In a lifetime, that's equivalent to driving to the moon and back!

The Australian Heart Foundation website states that eight per cent of Australians in the 30 to 65 age group have been told they are at high risk of having a heart attack in the next five years, representing close to 1 million people aged 30 to 65.

The cornerstone of therapy for treatment and prevention of myocardial infarction (heart attack) is to remove blockages in coronary arteries that are thought to be the cause of the infarction. This adheres to the widely accepted coronary artery thrombosis theory of infarction; that is, arteries become clogged with plaque, damaged from such things as smoking or high cholesterol. A clot forms a fissure in the plaque. The clot may shut off the blood flow of the coronary artery, causing a heart attack. It is deceptively simple: The coronary arteries are clogged. No blood can flow, so the muscles of the heart cannot be supported, and heart metabolism stops, leading to death.

Since 1948, over a dozen reports of post-mortem examination of infarcted hearts have consistently failed to corroborate the coronary artery thrombosis theory of myocardial infarction. That is, victims of fatal heart attacks have had no evidence whatsoever of coronary blockage.

A study by Rentrop et al in the April 1, 1988 issue of *The American Journal of Cardiology* has produced results completely at odds with the coronary artery blockage theory. Dr. Stephen Epstein of the National Heart, Lung and Blood Institute summarizes Rentrop and colleagues' "extremely important observations." They found that in an advanced state of the narrowing of the coronary arteries, the veins supplying blood to the heart muscles will enlarge naturally in response to the blockage. The body actually creates its own by-pass. Interestingly, they observed that the more the coronaries narrow, the less danger there is of heart attack.

In Germany, another theory of heart attack has been proposed by Dr. Berthold Kern (1911-1995). Dr. Kern, while performing autopsies in Germany in the 1930s and 1940s, observed that the findings of these autopsies did not corroborate the coronary blockage hypothesis. He began searching for another cause and found

that the major etiologic factor underlying heart attack is a primary chemical destructive process, caused by an accumulation of acid in the left ventricular tissue.

The left ventricle is the part of the heart responsible for pumping blood to most of the body, the right ventricle supplying the lungs. A number of stressors can cause an oxygen/energy imbalance resulting in acidosis – lowered pH

This lowering of the pH sets off a destructive chemical process, literally a suicide reaction of the cell. Lysozymal enzymes are released, causing cell self-digestion. This starts as a single point in the muscle, then many points, which eventually join to form a small area of necrotic (dead) tissue. Finally, a critical mass is reached, no bigger than the head of a pin, which triggers larger and larger areas of damaged tissue, resulting in infarction (heart attack).

Ideally then, the remedy to address infarction would be a restoration of pH balance to the heart muscle, thereby preventing tissue damage and fatal heart attack.

In this article we are going to explore some of the essentials that can help you maintain a balanced pH and electrical conductivity, along with some key factors that contribute to keeping your heart healthy.

Biology Beliefs & Emotions

It is known that our biology is strongly interconnected with our beliefs. Beliefs create emotions that generate relational hormones, peptides and enzymes which manifest our physical body. I would be remiss if I did not state that beliefs and emotions play an integral part in HEART HEALTH.



Health and healing is always multifactorial and finding personal peace and inner contentment is perhaps the most important “nutrient” that you can provide for your heart. Only you can create inner peace. The only “cost” is your time and attention which I assure you is the most potent “medicine” for any ailment, and will go a long way towards the health of your heart!

Many emotions can damage the heart. Most people know that volatile emotions like anger and hostility can affect your heart’s health but studies have long shown that quieter emotions like depression and loneliness can be just as toxic and damaging.

"Study after study has shown that people who feel lonely, depressed, and isolated are many times more likely to get sick and die prematurely - not only of heart

disease but from virtually all causes - than those who have a sense of connection, love and community," Dean Ornish, MD

I encourage you to actively seek out people places and things that foster a heartfelt connection and move away from or leave behind that which “weighs heavy” on your heart. Using tools such as biofeedback, demonstrate that hugs can immediately calm and soothe the heart. Find someone or something to hug every day. Even Trees enjoy a heartfelt hug!



Daily Exercise For Heart Health

This simple exercise has been tremendously helpful for many people in relieving stress and achieving inner peace. If you initially find this exercise difficult, take heart because the more you practice the easier it becomes. It only requires your attention for 5 minutes a day and can be done anywhere.

Get yourself comfortable and close your eyes. Bring your awareness to your breathing allow it to become long and deep – do not strain. As you continue to breathe deeply imagine, sense or feel your heart muscle begin to relax. Continue to take long deep calming breaths as you practice focusing love and relaxation into your heart muscle. Smile into your heart center.

Dietary Considerations For Heart Health

Mediterranean Diet

Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. The Mediterranean diet is a heart healthy eating plan based on the typical foods and recipes of Mediterranean style cooking.

The Mediterranean diet emphasizes:

- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts
- Replacing butter with healthy fats such as olive oil
- Using herbs and spices instead of salt to flavor foods
- Limiting red meat to no more than a few times a month
- Eating fish and poultry a few times a week
- Enjoying meals with family and friends
- Drinking red wine in moderation (optional)
- Getting plenty of exercise



Nutritional Support For Heart Health

There are so many vitamins, minerals and nutrients out there that, without a little help, it can be hard to narrow it down and know which ones are best for supporting heart health. We are going to look at some of the essential key nutrients that support a healthy heart.



Re-Natured®CoQ10

CoQ10

CoQ10 is naturally produced in the body but as we age production decreases. It is vital to our heart health because it helps us produce energy and provides antioxidant benefits. Of all the muscles in your body, your heart uses the most energy and without a sufficient supply of CoQ10, your heart, as well as every other muscle in your body, will lack the energy to function optimally.

In addition to being a power source, CoQ10 can benefit the health of your heart in many other ways. CoQ10 plays an important role in cell regeneration and is essential to the vitality of your heart muscle, as well as your overall cardiovascular system, arteries, and veins. It can also have a positive impact on cholesterol.

Collectively these benefits add up to healthy blood pressure. CoQ10 also possesses antioxidant properties that can help protect your heart against free radical damage.

CoQ10 is a large molecule substance that clumps in water and dissolves poorly in fat. To receive the maximum heart health benefits, you need a CoQ10 supplement that offers better absorption.

Clinical studies in humans confirm that **Re-Natured®** nutrients have quite different biodynamics, potency and tissue availability. They have been proven to be more effective than anything else available.

These 21st century supplements are termed Re-Natured® (or Food State) supplements, and are the first supplements that can truly be called supplements. Re-Natured® supplements have the nutritional structure of food.

Re-Natured®CoQ10 is quite simply your heart's best friend!

LifeForce fx

Electrolyte Alkalizing Redox Formula

This formula provides multiple key nutrients that are necessary in supporting a healthy heart! Your body is a complex and carefully balanced superhighway of cells, tissues, and fluids that, every millisecond, directs an incomprehensible array of electrical impulses. The human heart is the most incredible muscle in the body; it is capable of initiating its own electrical activity, and working totally independent of the brain, if it needs to. No other muscle in the body can do this.

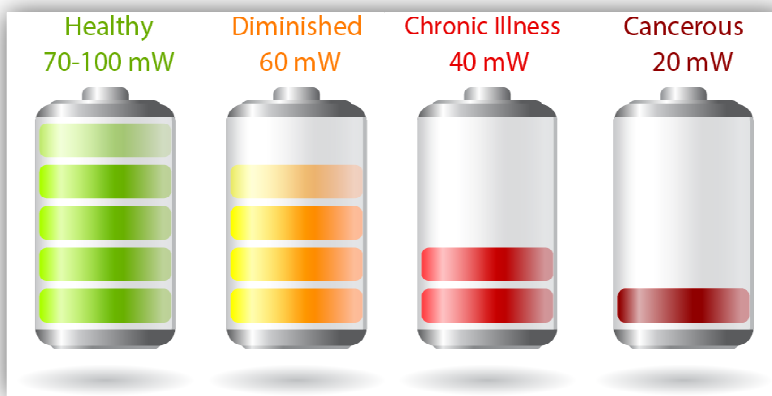
The electrical system encompasses our heart, brain, and nervous system. As such, it is absolutely essential that our cells be supplied with the necessary elements where they conduct electricity well enough to carry the signals to their intended destinations.

Electrolytes carry the electrical impulses to every part of your body to keep it in healthy balance. In addition to regulating nerve and muscle function, electrolytes are essential to maintain proper pH balance and hydration.

Oxygenate Alkalize & Increase Cellular Voltage

When cells lose their oxygen, they are losing their pH and voltage at the same time. When cell voltage is low and oxygen decreases, we see an increase of anaerobic bacteria in the gut, which thrives in the low oxygen environment. Bicarbonates, mainly produced in the kidneys and pancreas, are the primary transporters of oxygen in the body and are used to buffer acidity. LifeForce *fx* contains essential bicarbonates: potassium bicarbonate, sodium bicarbonate and magnesium carbonate.

It is important to understand that the voltage of cells and tissues is synonymous with their pH. The lower the voltage goes, the lower the pH goes, and the lower oxygen levels go as well.



Wherever the body has low voltage, the cells begin to have problems.

The lower the voltage (pH), the more serious the problems.

Put the Spark Back into Your Battery!

Lifeforce *fx* provides your body with the vital electrolytes in one easy drink without the need to consume various supplements or foods to make sure you supply your body with all of them. One scoop a day (1/4 tsp) is easy to take in water or mixed into your favorite smoothie and can go a long way in keeping your heart healthy.

One of the fundamental approaches to heart health includes the alkalization of the body so it can dispose acids from our cells tissues, and organs.

Keeping our pH within a healthy range also involves necessary lifestyle and dietary changes that will protect us over the long term while the use of LifeForce *fx* can give us a quick jump-start toward increased alkalinity by increasing both carbon dioxide and oxygen levels.

LifeForce fx contains: potassium bicarbonate, magnesium chloride, magnesium carbonate, organic lemon peel, organic lemon myrtle, sodium bicarbonate, MSM and sodium tetraborate.

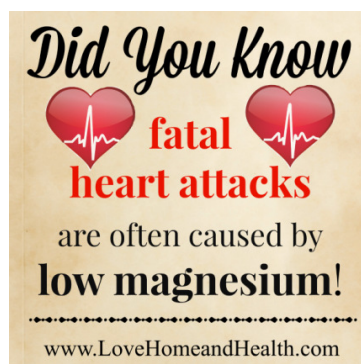
Potassium

Potassium has long been known to regulate blood pressure levels. "Having the right amount of potassium is critical for the heart to beat properly," says cardiologist John Day, MD. He goes on to say that most people do not get enough potassium in their diets. "You can actually lose a lot of potassium from excessive sweating during endurance sports or while exercising on a hot summer day", Day notes. And unless you have kidney failure or are on certain medications, you don't need to worry about getting too much potassium. "Fortunately, if you get enough potassium in your diet the kidneys do a remarkable job at regulating the body's potassium level," Day says.

Most forms of supplemental potassium are very acidic; potassium bicarbonate on the other hand does wonders for helping the body maintain a balanced pH.

Magnesium

Magnesium is particularly important for your heart health, helping you maintain normal blood pressure and protect against stroke. Magnesium deficiency has been identified as the greatest predictor of heart disease. Low magnesium is extremely common, and recent research shows even subclinical deficiency can jeopardize your heart health. Magnesium is also important for brain health, detoxification, cellular health and function, and the optimization of your mitochondria. In short, magnesium has enormous potential to influence your health and general well-being, especially the prevention of heart disease and cancer, but also for general energy and athletic performance.



Andrea Rosanoff, PhD, director of research and science information outreach for the Center for Magnesium Education & Research, explains just how magnesium intake influences heart health:

*"The highest levels of magnesium in the whole body are in the heart, **specifically in the left ventricle**, which does the most work. Magnesium is the gatekeeper for calcium being allowed into muscle cells to cause contraction. Then magnesium ushers the calcium out of the cell. Without magnesium to guard the channel, calcium floods the cell and leads to hypercontraction of the muscle cells, which translates into angina and even heart attack."*

Lemon Peel

Many people drink lemon juice for health reasons. After all, it is easy to drink and its tart flavor is delicious by itself or on food. Most of us, however, forget about the amazing power of lemon peel.



People usually throw away the peel without realizing that it contains 5 to 10 times more nutrients than the juice, including vitamins A and C, calcium, magnesium, beta-carotene and potassium.

Lemon peel also contains salvestrol Q40 and limonene, two active ingredients that work on cancerous cells, especially breast, colon, and skin cancers.

Due to its high content of vitamin C and flavonoids, lemon peel cleanses the blood vessels, reduces cholesterol and high blood pressure.

It contains essential minerals that strengthen bones and help prevent conditions like osteoporosis.

Just like lemon juice, the peel possesses alkalizing properties that help regulate the body's pH.

Because of its vitamin C content, it's recommended for reinforcing the immune system and preventing colds, flu and infections.

The peel is purifying, increases the metabolism and can help you lose weight too!

Lemon Myrtle

Lemon Myrtle is a powerful antioxidant and antiseptic that can ward off illnesses and help keep the immune system strong. A peaceful sleep is very important for symphonic balance of the body, mind and soul. Lemon myrtle has been found to be a great stress reliever and induces calming sleep and relaxation which is essential for managing stress. Lowering stress levels can dramatically improve heart function.

Organic Lemon Myrtle

Boost your health with 5 amazing properties:



Sodium Tetraborate (Boron)

Though it gets little attention, boron is essential to the human body through a variety of supporting functions. Without boron the body cannot retain and utilize other essential minerals. So boron is an essential component for mineral utilization of the body.

Boron reduces inflammation and oxidative stress; two things anyone trying to stay healthy should care about. One of the important roles of boron includes how it helps your body absorb magnesium better and prevent vitamin D deficiency.

Boron may justifiably be understood as a general health enhancer, and we are only beginning to understand its full range of influence.

Super AGC For Heart Health

Curcumin

Curcumin has been shown to help repair heart tissue and reduce inflammation. Along with oxidation, inflammation is a primary cause of most chronic diseases, and is extremely damaging to the heart. It plays a strong role in the development of blockages in the arteries and weakening of the blood vessels. Higher than normal blood sugar levels drive the inflammation to higher and higher levels, which is one of the reasons people with diabetes have a much higher cardiac disease risk.

Unlike drugs with potentially life-threatening side effects, curcumin has been shown to reduce all branches of the inflammatory cascade safely and effectively. It also plays a role in reducing insulin resistance, a major feature of diabetes, and often seen in conjunction with cardiovascular health issues.

Take curcumin to heart!



Nascent Iodine For Heart Health

Iodine

Dr. Michael Donaldson says, “Iodine stabilizes the heart rhythm, lowers serum cholesterol, lowers blood pressure, and is known to make the blood thinner as well, judging by longer clotting times seen by clinicians. Iodine is not only good for the cardiovascular system, it is vital. Sufficient iodine is needed for a stable rhythmic heartbeat. Iodine, directly or indirectly, can normalize serum cholesterol levels and normalize blood pressure. Iodine attaches to insulin receptors and improves glucose metabolism. Iodine and iodine-rich foods have long been used as a treatment for hypertension and cardiovascular disease; yet, modern randomized studies examining the effects of iodine on cardiovascular disease have not been carried out.”

According to Dr. Stephen A. Hoption Cann, Department of Health Care and Epidemiology, University of British Columbia, iodine deficiency can have deleterious effects on the cardiovascular system, and correspondingly, that a higher iodine intake may benefit cardiovascular function.

“Whole body sufficiency of iodine results in optimal cardiac functions,” writes Dr. Guy Abraham. There is an epidemic of cardiac arrhythmias and atrial fibrillation in this country and Dr. Abraham is convinced that the medical iodine phobia has a direct relationship to this outcome. Adequate stores of iodine are requisite for a smooth heartbeat.

Dr. B. West states, “Amazingly, while medicine shuns iodine therapy, their most popular anti-fibrillation drug, Amiodarone, actually is iodine in a more toxic, sustained-release form.” This drug can produce a smooth heartbeat when the body has accumulated about 1,500 mgs of iodine, which is the exact amount of iodine retained by your body when iodine fulfillment is achieved by supplementation. Unfortunately, Amiodarone is an extremely toxic form of iodine used by the medical profession. The side effects are often too great (and even life threatening) for most people to endure long enough to achieve a normal heartbeat. In addition, once you stop this drug, your original problem returns. Iodine therapy, on the other hand, fulfills the body’s needs safely and maintains a smooth heartbeat even with a low-maintenance dose.

Russian researchers and experts in mercury have correlated the flu with mercury toxicity more than with little bugs (microorganisms). Take note, iodine chelates mercury as it does fluoride, bromide and chlorine. In Dr Sircus book, *The Ultimate Heart Medicine* we learn that mercury is a huge problem for heart muscles, which concentrate it to levels thousands of times higher than seen in other tissues.

Though iodine is known for its importance for the thyroid, little has been publicized about its other crucial roles. Iodine is needed in microgram amounts for the health of the thyroid on a daily basis but when you factor in the needs of all the other tissues and organs much higher doses are needed. Iodine supports the health of many organs in the body but for the heart its task is as critical as magnesium.

“Iodine is by far the best antibiotic, antiviral and antiseptic of all time”.

Dr. David Derry

Dr. Derry says that iodine is effective "for standard pathogens such as Staphylococcus, but also iodine has the broadest range of action, fewest side effects and no development of bacterial resistance."

Natural Sunlight & Vitamin D

Our beautiful sun makes life possible and directly provides us with nutrients! The best way to absorb vitamin D is through our bare skin (no sunscreen) by basking in sunlight for 10-30 minutes. Vitamin D3 is synthesized naturally in the skin by converting the UVB light from sunshine.

Without enough sun or sufficient vitamin D we get sick, inflammation takes over our body, and we will eventually die. Studies have suggested that vitamin D plays a key role in protecting against heart disease, cancer, and diabetes. What is important to know is that without adequate *magnesium* and *boron* your body cannot absorb vitamin D.

Dr. Tadeusz Malinski and his team conducted a study with high-tech nanosensors 1,000 times smaller than a human hair. They were used to measure the way that vitamin D3 affected endothelial cells, which serve a crucial role in heart health.

They found that vitamin D3 has a restorative effect on the cardiovascular system, reducing the risk of heart attack and repairing damage done by high blood pressure, atherosclerosis and diabetes.

“This is a very inexpensive solution to repair the cardiovascular system. We don’t have to develop a new drug. We already have it.”

Dr. Tadeusz Malinski

If you are concerned about radiation from the sun, I invite you to consider that radiation damages our bodies by breaking the chemical bonds in our cells and the amount of damage done depends not only on how much radiation we are exposed to but also very much on how mineral deficient we are. Iodine provides our first line of defense against radiation and plays an integral part in the health of our skin.

Omega-3 fatty Acids

The omega-3 fatty acids support your heart by decreasing inflammation, preventing clot formation and helping to maintain healthy blood pressure. Oils from most fish that are used to cultivate fish oil capsules (such as salmon, herring, mackerel, anchovies and sardines) have a profile of around seven times the omega-3 oil as omega-6 oils which is far from optimal – not to mention that most fish is now highly contaminated.

Hemp seed oil contains the optimal 1:4 ratio of omega-3 to 6 required for body consumption and use. Hemp seed oil is composed of nearly 85 percent essential fatty acids (EFAs) alone and offers the richest, most balanced natural source of EFAs. In fact the amount of alpha-linolenic and linolenic acid in 15 ml (one tablespoon) of hemp seed oil provides more than the daily EFA suggested requirements.



My favorite source of Omega-3 is hemp seed oil because it has a perfect balance of the omegas!

Exercise

Our cardiac muscle beats about 100,000 times to send 16,365 litres of blood through 120,700 km of blood vessels each day. It's no secret that regular exercise is a great way to make your body look good, feel good and move better, but it's also an ideal way to take care of your body's most important muscle - your heart!

Chose exercise that you enjoy and fits into your lifestyle. Keep in mind that even a 20 minute walk can get your heart pumping. Exercise does not need to be vigorous to be beneficial.



Happy Heart Month Everyone!

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