

# ARTERY

## THERAPY

Compiled by

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### IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.

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### Introduction

Known as ischemic heart disease, or IHD, the basic disease process that affects the coronary arteries is atherosclerosis. The interiors of the vessels become increasingly clogged with fatty deposits; consequently, the blood supply carrying oxygen becomes greatly reduced, resulting in compromised health.

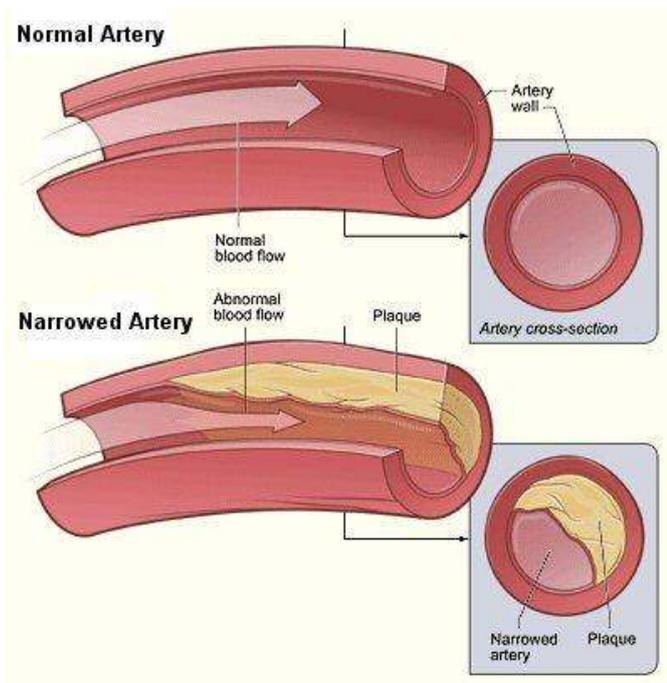
### Stress and High Blood Pressure

Stress and High Blood Pressure often seriously exacerbates artery disease. Consequently, any stress elements should to be identified and countered by lifestyle changes or by learning and practising relaxation techniques.

Hypnosis and subliminal programs may also be of value in reducing stress levels.

Moderate aerobic exercise can also help with stress relief.

Take active steps to reduce blood pressure.



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## Supplements

- Vit A - 10,000 iu daily
- Vit B-complex - containing 100 mg of B1 and B6, daily
- Vit B5 - 250 mg daily
- Vit C - 3 to 5 grams daily (up to 10 grams is the condition is acute to chronic)
- Vit E - 400 to 800 iu daily
  
- Coenzyme Q10 - 120 mg daily
- Zinc - 50 mg daily
- Selenium - 200 mcg daily
  
- L-Carnitine (amino acid) - 200 mg, 3 x daily; increasing after 1 week to 400 mg, 3 x daily
- Alpha-lipoic acid (amino acid) - 100 mg, 4 x daily
- Histidine (amino acid) - 1 gram, 3 x daily - take in conjunction with some of the daily Vit C
- Taurine (amino acid) - 100 mg, 3 x daily
  
- EPA (eicosapentaenoic acid) - 2 to 3 grams daily (available as Maz-EPA caps from health-food stores)
- Codliver oil - 1000 ml daily
- Bromelaine (Ananase) - 2 x tabs daily
- Salmon oil - 60 to 80 ml daily
- Garlic Tabs - 1250 mg up to 4 x daily; or Garlic oil - 25 mg daily
- Oil of evening primrose (Efamol) - 2 - 4 grams daily
  
- Lecithin granules - 2 x tablespoons daily (can be taken in juice or sprinkled on food), plus safflower oil - 1 x tablespoon daily
- Octacosanol - 6,000 mcg daily (chewable form preferably)
- Honey - 1 x tsp, 6 x daily
- Propolis - 1 x cap daily
- Cider Vinegar - 2 x tsp in a glass of spring water (not tap water), sipped through the day

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## Avoid

- Stress
- Being overweight
- Smoking
- Tobacco in any form
- Alcohol
- Coffee
- Refined Sugar and foods containing high levels of refined sugar
- Salt
- Contraceptive pills

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## Food to Lower Cholesterol

Include in the diet wherever possible:

- Aubergines
- Onion (raw and cooked)
- Garlic
- Yoghurt
- Pectin ( apples, white pith of citrus fruit, etc)

- Soya beans

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### **Diet**

Maintain a whole-food diet, with the emphasis on raw fruits and vegetables, and their juices.

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### **Raw Juice Therapy**

Mix equal parts of:

- Carrot juice
- Beetroot juice

300 ml daily, of the above juice, is believed to be an excellent solvent for organic calcium deposits, and to act as an adjunct in high blood-pressure and heart disorders associated with "thickened" arteries.

Carrot juice is very therapeutic because of its high potassium content, which is necessary to the heart's functioning as well as to all other cells in the body. Drink carrot juice and you will have feelings of vigour and well-being.

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