

ARTERY

TIPS

Compiled by

Campbell M Gold

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<http://campbellmgold.com>

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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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The following tips will help you to keep your arteries and veins clear and let the blood flow freely to your heart.

According to research, and other evidence, the following self-care steps may help prevent artery blockage and reduce the risk of heart attack:

- **Raw Juice Therapy**
Mix equal parts of Carrot juice and Beetroot juice - drink 300 ml daily
- **Discover vitamins and minerals**
Vit A -10,000 iu daily, B Complex - 100 mg daily, C - 1-5 grams daily, and E 400-800 iu daily, Zinc - 50 mg daily, Selenium - 200 mcg daily
- **Discover garlic**
Garlic oil - 25 mg daily
- **Discover Lecithin**
Lecithin granules - 2 x tablespoons daily (can be taken in juice or sprinkled on food), plus safflower oil - 1 x tablespoon daily
- **Trim the unhealthy fat**
Protect your heart and its blood supply by cutting meat, dairy fats, and foods containing trans fats out of your diet; fuel up with nuts, olive oil, fish, and other sources of healthy fats instead
- **Choose risk-reducing foods**
Eat more whole grains, beans and other legumes, vegetables, and fruit
- **Consider aspirin**
Talk to your healthcare professional to determine if taking aspirin for heart-attack prevention, and reducing hypertension, is good for you

- **Discover CoQ10**
Reduce complications following a heart attack by taking 120 mg a day of coenzyme Q10, a powerful antioxidant
- **Add L-carnitine to your daily regimen**
Take 2 grams a day of this nutritional supplement to reduce damage and complications following a heart attack
- **Don't forget the fish oil**
Reduce the chances of having another heart attack by taking capsules that supply a total of 900 mg of omega-3 fatty acids per day
- **Don't Smoke**
- **Exercise and use stress release techniques**

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