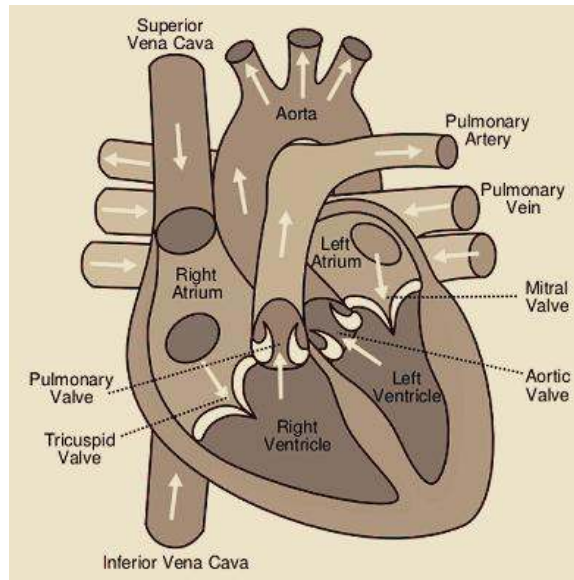


SUPPLEMENTS

FOR

THE HEART



Compiled by

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CMG Archives

<http://www.campbellmgold.com>

(2012)

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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

The following material is taken from "*How to Live Twice as Long*", Campbell M Gold, 2nd Edition (2012), and is divided into four sections:

Section 1 - General Supplements for the Heart

Section 2 - Supplements for Coronary Heart Disease

Section 3 - Supplements for Hypertension

Section 4 - Supplements for Arteries

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Section 1

General Supplements for the Heart

Common supplements to combat heart disease include:

- Swedish Bitters, 20 ml, 3 x daily
- Vit A - 10,000 IU daily
- Vit B Complex-100 - 100 mg daily
- Vit B5 - 250 mg daily
- Vit C (timed release) - 3 to 10 grams daily
- Vit E - 400 to 800 IU daily
- Zinc - 50 mg daily
- Selenium - 200 ug (mcg) daily

- Carnitine - 200 mg, 3 x daily increasing to 400 mg, 3 x daily after one week
- Histidine - 1 gram, 3 x daily (take in conjunction with Vit C)
- Taurine - 100 mg, 3 x daily

- EPA (eicosapentaenoic acid) Omega-3 (EFA) - 2 to 3 grams daily
- Codliver oil - 1,000 mg daily
- Bromelaine (Ananase) - 2 x tabs daily
- Salmon Oil - 60 to 80 ml daily
- Garlic - 1250 mg - 1 x tab, 2 x daily
- Evening Primrose Oil (Efamol) - 2 to 4 grams daily
- Lecithin granules - 2 x tbsp daily (in juice or sprinkled on food)
- Safflower oil - 1 x tbsp daily
- Octacosanol (wheat germ oil) - 1,000 mg, 2 x daily
- Propolis - take as per manufacturer's directions, and maximum dose
- Co-Enzyme Q10 - 120 to 200 mg daily

- Apple Cider Vinegar - 2 tsp vinegar and 2 tsp honey in a glass of spring water taken at each meal, or between meals if preferred

Tissue Salts

- Ferr Phos (4)
- Kali Phos (6)
- Calc Phos (2)
- Mag Phos (8)

Take 4 x tabs of each, 3 x daily.

Juices of benefit:

1/2 to 1 litre of two or three of the following juices:

- Carrot
- Celery
- Grapefruit
- Orange
- Pineapple
- Pear
- Cucumber

An excellent combination for the heart is:

Cell Replacement Juices

These are recommended for all Heart and Artery issues.

- 3 x Parts Carrot Juice
- 1 x Part Cucumber Juice
- 1 x Celery Stalk
- 1/2 x Small Beetroot
- 1/8 x Small Heart of Cabbage

Take daily, 250 ml to 500 ml, 20 minutes prior to main meal.

For a Stronger Diuretic Effect modify to:

- 1 x Part Carrot Juice
- 1 x Part Cucumber Juice
- 1 x Celery Stalk
- 1/2 x Small Beetroot
- 1/8 x Small Heart of Cabbage

Take daily, 250 ml to 500 ml, 20 minutes prior to main meal.

See also, "*Elixirs of Life*" in the "*CMG Health Archive*"

Stress and High Blood Pressure

Stress and High Blood Pressure will seriously exacerbate heart and artery conditions. Consequently, any stress elements should to be identified and resolved by lifestyle changes, or by learning and practising relaxation techniques.

Hypnosis, Subliminal, and Empowerment programs may also be useful in reducing stress levels. Visit: <http://campbellmgold.com> for a selection of titles.

Take active steps to reduce blood pressure.

Exercise

Aerobic exercise can also help with stress relief.

End

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Section 2

Supplements for Coronary Heart and Artery Disease

Specific supplements to combat coronary heart disease include:

Tissue Salts

- Ferr Phos (4)
- Kali Phos (6)
- Calc Phos (2)
- Mag Phos (8)

Take 4 x tabs of each, 3 x daily.

Supplements

- Swedish Bitters, 20 ml, 3 x daily
- Vit A - 10,000 iu daily
- Vit B Complex 100 - 100 mg, 2 x daily
- Vit B5 - 250 mg daily
- Vit C - 1 gram, 3 to 4 x daily, in combination with bioflavonoids
- Vit E - 100 iu daily; building up a dose of 400 - 800 iu daily over a period of eight weeks (this is an increase in dose of 100 iu every two weeks)
- Zinc - 50 mg daily
- Selenium - 200 mcg daily
- Lecithin granules - 2 x tablespoon daily
- Oil of Evening Primrose - 2 - 4 grams daily
- Safflower oil (cold pressed) - 1 x tablespoon daily
- Magnesium - 2 x chelated magnesium tablets, 3 x daily with meals. Reduce to 1 tab, 3 x daily as the blood-pressure drops.
- Coenzyme Q10 - 120 mg daily
- Garlic oil - 25 mg daily
- EPA (eicosapentaenoic acid) - 2 - 3 grams daily
- Cod-liver oil - 20 ml daily
- Salmon oil - 60 - 80 ml daily
- Bromelaine (ananase - 2 x tabs daily
- Octacosanol - 6,000 mcg daily (chewable form preferred)

Amino Acids

- Carnitine - 200 mg, 3 x daily, increasing after a week to 400 mg, 3 x daily
- Histidine - 1 gram, 3 x daily (take in conjunction with some of the Vit C)
- Taurine - 100 mg, 3 x daily

Raw Juice Therapy

To aid heart function:

- Carrot - 280 grams
- Spinach - 170 grams

or

- Carrot - 280 grams
- Celery - 110 grams
- Spinach - 85 grams

- Parsley - 55 grams

See also, "*Elixirs of Life*" in the "*CMG Health Archive*"

Pomegranate Juice

- One study has shown that drinking 65 ml of pomegranate juice per day lowered systolic blood pressure by as much as 5 per cent.

Honey

To calm the nerves

- 1 tsp, 6 x daily

Cider Vinegar

- 2 x tsp of cider vinegar in a glass of spring water (not tap water), 3 x daily

This has been claimed to help the severity of angina attacks.

Pollen

This is an adjunct to the body resisting the aging process.

- Take as per manufacturer's directions

Propolis

- Take as per manufacturer's directions

Stress

Stress often seriously exacerbates hypertension. 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.

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Aspirin

Some authorities suggest that low-dose Aspirin 75 - 81 mg daily, 5 days on, 2 days off, is therapeutic in hypertension.

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Hydrogen Peroxide Therapy

Benefits noted in both Heart Disease and Hypertension.

Oral Administration

Dosage Schedule for Chronic Conditions Using 35% Food Grade Hydrogen Peroxide.

Add drops to 250 ml distilled water, spring water, milk, vegetable juice, or fruit juice and drink the full amount down immediately.

Dosage:

Day 1 - 3 drops, 3 x daily
Day 2 - 4 drops, 3 x daily
Day 3 - 5 drops, 3 x daily
Day 4 - 6 drops, 3 x daily
Day 5 - 7 drops, 3 x daily
Day 6 - 8 drops, 3 x daily
Day 7 - 9 drops, 3 x daily
Day 8 - 10 drops, 3 x daily
Day 9 - 12 drops, 3 x daily
Day 10 - 14 drops, 3 x daily
Day 11 - 16 drops, 3 x daily
Day 12 - 18 drops, 3 x daily
Day 13 - 20 drops, 3 x daily
Day 14 - 22 drops, 3 x daily
Day 15 - 24 drops, 3 x daily
Day 16 - 25 drops, 3 x daily

For chronic conditions remain at 25 drops, 3 x daily for 1 to 3 weeks. Reduce dosage to 25 drops, 2 x daily until improvements are noted. This may take up to 6 months (or longer).

When the condition is resolved, the dosage is reduced to 25 drops 1 x daily for 1 x week; then 25 drops every other day for 1 x week; then 25 drops every third day for 1 x week; and then 25 drops every fourth day for 1 x week.

A good final maintenance level would be 5 to 20 drops a week - however confirm with a health professional.

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Alternate Dosage Schedule

Add drops of 35% Food Grade Hydrogen Peroxide to 250 ml distilled water, spring water, milk, vegetable juice, or fruit juice and drink the full amount down immediately.

8 drops, 3 x daily until the condition is resolved.

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Vaporizer/Humidifier

Use 30 to 60 ml of 35% H₂O₂ per 3.8 liters of non-chlorinated water (distilled preferred) in a vaporizer/humidifier improves night-time breathing in lung disorders.

Stress and High Blood Pressure

Stress and High Blood Pressure will seriously exacerbate coronary heart and artery disease. Consequently, any stress elements should to be identified and resolved by lifestyle changes, or by learning and practising relaxation techniques.

Hypnosis, Subliminal, and Empowerment programs may also be useful in reducing stress levels. Visit: <http://campbellmgold.com> for a selection of titles.
Take active steps to reduce blood pressure.

Exercise

Aerobic exercise can also help with stress relief.

End

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Section 3

Supplements for Hypertension

Common supplements to combat hypertension include:

- Swedish Bitters, 20 ml, 3 x daily
- Vit E - 100 iu daily; building up a dose of 400 iu daily over a period of eight weeks (this is an increase in dose of 100 iu every two weeks)
- Vit B Complex 100 - 1 x tab daily
- Vit C - 1 gram, 3 x daily, in combination with bioflavonoids (water-soluble plant pigments that are beneficial to health)
- Lecithin granules - 2 x tablespoon daily
- Safflower oil (cold pressed) - 1 x tablespoon daily
- Magnesium (chelated) - 400-1,000 mg daily in divided doses. Reduce as the blood-pressure drops
- Coenzyme Q10 - 150-250 mg daily

Tissue Salts

- Ferr Phos (4)
- Kali Phos (6)
- Calc Phos (2)
- Mag Phos (8)

Take 4 x tabs of each, 3 x daily.

Stress and High Blood Pressure

Stress and High Blood Pressure will seriously exacerbate heart and artery disease. Consequently, any stress elements should to be identified and resolved by lifestyle changes, or by learning and practising relaxation techniques.

Hypnosis, Subliminal, and Empowerment programs may also be useful in reducing stress levels. Visit: <http://campbellmgold.com> for a selection of titles.

Take active steps to reduce blood pressure.

Exercise

Aerobic exercise can also help with stress relief.

End

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Section 4

Supplements for Arteries

Common supplements for artery problems (aneurysm, arteriosclerosis, atherosclerosis, etc.) include:

- Swedish Bitters, 20 ml, 3 x daily
- Vit A - 10,000 IU daily
- Vit B-complex 100 - 1 x tab daily
- Vit B5 - 250 mg daily
- Vit C - 3 to 5 grams daily (up to 10 grams if the condition is acute or chronic)
- Vit E - 400 IU working up to 800 IU daily
- Alfalfa - 1,000 mg, 1 x tab, 3 x daily (take with a glass of warm spring water between meals)

- Coenzyme Q10 - 150 mg daily
- Zinc - 50 mg daily
- Selenium - 200 ug (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 Vitamin 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)
- Cod-liver oil - 20 ml daily
- Bromelain (Ananase) - 2 x tabs daily
- Salmon oil - 60 to 80 ml daily
- Garlic oil - 25 mg daily
- Oil of evening primrose (Efamol) - 2 to 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 raw tap water), sipped through the day

Tissue Salts

- Ferr Phos (4)
- Calc Fluor (1)
- Nat Mur (9)

Take 4 x tabs of each, 3 x daily.

Avoid

- Stress
- Being overweight
- Smoking
- Alcohol
- Tea and Coffee
- Refined Sugar and foods containing high levels of refined sugar
- High-Fructose Corn Syrup (HFCS), and anything containing HFCS
- Salt
- Artificial sweeteners
- Contraceptive pills

Food to Lower Cholesterol

Include in the diet wherever possible:

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

Diet

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

Raw Juice Therapy

Mix equal parts of:

Carrot juice
Beetroot juice

Note: Ingredients must be "juiced" not "liquidised" (liquidisation causes oxidation, which greatly reduces the potency of the juices).

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 healthy functioning as well as to all other cells in the body.

Stress and High Blood Pressure

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

Hypnosis, Subliminal, and Empowerment programs may also be useful in reducing stress levels. Visit: <http://campbellmgold.com> for a selection of titles.

Take active steps to reduce blood pressure.

Exercise

Aerobic exercise can also help with stress relief.

End

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