

Week 26 (2016)

Heart Attack Scare?

Two of the Worst!

We had a scare yesterday when one of the UK warehouse employees from Good Health Naturally was rushed to hospital with a suspected Heart Attack. Luckily it proved to be a very painful digestive problem. He received very fast emergency response and was home again in good time. This is when the Medical Care system is at its best, in acute emergency care. They do save lives.

However the treatment post heart attack and better still, to prevent them, is abysmal because it is ruled by the Pharma Industry – who is in the ‘disease care industry’ and not the ‘health care industry’.

Regular readers of my newsletters know that I have little respect for the disease care system. I am absolutely positive it is a fraud and is simply a plan by drug companies to make money from disease care and not from health care. This is born out by the huge monetary fines (literally billions) for their fraud and for doing so much harm with their drugs.

My big disappointment is the attitude of medical doctors. Why would they associate with pharmaceutical companies that commit such huge frauds? Is it because they are so afraid of them and the system they control?

When I meet a medical doctor, one-on-one, they understand my point of view and mostly agree my explanation that health-care is better than disease-management, but back together as a group they fold and become afraid to step out of the disease model.

Ask any doctor these four questions...

1. Do studies show that high cholesterol causes heart attacks?

When challenged, doctors will admit 50% of heart attacks patients have low cholesterol. Cholesterol is there to help and without it we cannot survive. If anything, both high and low cholesterol are simply warnings that we have a problem that needs addressing. Simply taking a statin drug to block the manufacture of cholesterol makes matters worse with numerous side effects and will do very little difference to your life expectancy.

2. Why am I not given CoQ10 to alleviate the known side effects of statins and in any case, B Complex instead of statins, which work better and with no side effects?

Statin are unlikely to make much difference to the outcome compared to CoQ10, they can do great harm by blocking the production of CoQ10 and by depleting the levels of

CoQ10 in your body. Many doctors around the world give CoQ10 (as a 'medicine') to overcome the side effects whilst many others recommend taking CoQ10 alone (and to drop the statins completely).

CoEnzyme Q10

CoQ10 functions in every cell in your body and the organs with the highest energy requirements, such as the heart, have the highest CoQ10 concentrations. As you age, your body's natural ability to produce CoQ10 drops dramatically as do the levels when harmed by statins.

If you want to make sure your CoQ10 levels aren't low the best two options are [UB8Q10](#) (this is x8 better than ordinary CoQ10 and in a gelatin cap) or [HySorbQ10](#) (this is x4 better than ordinary CoQ10 and in a veggie cap).

3. Why am I given Magnesium IV (intravenous) in hospital to stabilise my heart after an attack but you do not recommend as a daily supplement to help prevent one?

Your doctor will (or should) know of a landmark double-blind, placebo-controlled trial, Israeli researchers gave IV magnesium to half of 194 patients suffering from acute heart attacks. The in-hospital death rate of those receiving magnesium was one-fourth that of those who received standard treatment alone. In 2003, a follow-up study of these patients revealed nearly twice as many patients in the placebo group had died from heart disease or other causes, and there were considerably more cases of heart failure and impaired heart function those who did not receive IV magnesium treatment. In addition to increasing survival after heart attack, magnesium balances out arrhythmias and improves outcomes in patients undergoing angioplasty with stent placement. It may simply be your doctor is not impressed with oral magnesium supplements and does not know that transdermal magnesium absorbs so much better.

It may seem that I keep talking about magnesium but it is so important to your health in many ways! Everyone needs to supplement magnesium but if you have great disease you urgently need to boost your magnesium levels – try [Magnesium Oil Ultra](#) (highest amount of magnesium) or [Magnesium Lotion Ultra](#) (lightest concentration). You may have these already and remember, when applied to the heart area daily, these will help maintain the high levels of magnesium needed for a healthy heart and cardiovascular system.

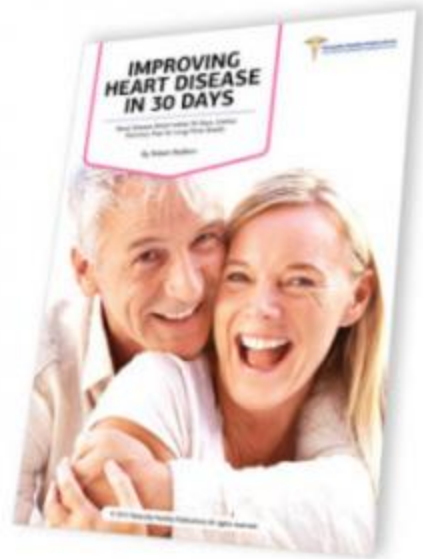
4. Other doctors already agree that most heart disease is caused by inflammation and yet you still want to put me on drugs, why not anti-inflammatory enzymes such as Serrapeptase instead?

You may be surprised to hear that more and more doctors are using Serrapeptase for their own family. They may even recommend it for you but they are afraid of being accused of putting your life in danger with unproven methods.

By who? The drug companies of course!

If you have a heart problem or concern then consider [Blockbuster AllClear](#). This is the most complete and effective enzyme formula available – it uniquely blends serrapeptase, to remove any inflammation, with 15 other powerful nutrients such as Nattokinase, which supports healthy blood flow. All the ingredients have studies to show how they individually benefit a healthy heart and circulation and are all doubly powerful when combined.

Finally, if you read my sleep newsletter, you may remember how I wrote about making sure you ‘get enough sleep’, and how stress and cortisol were bad for the heart. I read the headline about a new Norwegian study, which says ‘Poor sleep is linked to heart failure’. This has been published in the European Heart Journal and followed over 50,000 people over 11 years! The main findings were that poor sleep would lead to a condition “in which the heart fails to pump properly” and how “when you have insomnia your body releases stress hormones which in turn may effect the heart in a negative way”. If you have trouble getting a good night’s sleep, read the news from my article here: [Calm Down Dear](#), it’s only an article.



TO READ MY FREE EBOOK ON IMPROVING HEART DISEASE IN 30 DAYS [CLICK HERE](#)

As ever:

Food and Simple Lifestyle Changes Will Help Prevent and Reverse Heart Disease.

Read my eBook for the full story and plan. The studies are absolutely clear on this. I offer them because I am 100% sure your life will be better with these changes:

Stop all bread, pasties, cookies, breakfast cereals and grains, rice, potatoes, parsnips and wheat pasta.

Why? They contain things that are dangerously detrimental to your health. Yes, even organic grains and cereals!

Stop all processed beverages such as cola, fruit juices and excess alcoholic drinks.

Why? They are high in sugars and chemical alternatives to sugars

Add lots of green vegetables in smoothies, soups, and salads.

Why? Because they stimulate growth factors that reverse ageing and keep you looking and feeling younger. Try a 60 day Green Smoothie Diet and look in the mirror if you want to prove it to yourself...

Add lots of dark skinned fruits such as avocados, blueberries, raspberries and other berries, etc.

Why? These are naturally full of antioxidants to protect your arteries and brain from damage.

Add lots of exercise and movement and stop sitting down for more than 3 hours per day.

Why? Studies are absolutely clear that sitting down for more than 3 hours per day is devastating for your future health. Walking for a couple of hours per day, rebounding on a mini trampoline and simple stretching and muscle exercises will prevent disease and keep you strong.

Add Water.

Why? Drinking 6-8 glasses of water over the day before 6pm will help keep you healthy and lower your blood pressure when combined with the above.

Add Salt: Take unprocessed rock salt or sea salt daily.

Why? To maintain some of the missing minerals from the diet.

Add To Your Life Purpose:

Keep working or do voluntary work but make sure you do something of value both to yourself and society. This will keep you younger. I feel like a 40 year old!

Whatever your budget you can't risk not taking something and ending up with a disease that will devastate your life. Whether it is one or two things: such as BlockBuster AllClear or UB8Q10, or the 15 things my wife and I take daily, they are infinitely better than the diseases stealing the future of the majority.

[Shop UB8Q10 Here](#)

[Shop Magnesium Oil 'Ultra' Here](#)

[Shop Blockbuster AllClear Here](#)



Do not risk heart disease a minute longer. Whether you are aged 19 or 90, following the above health plan can help you to avoid an unhealthy future.