



You Gotta Have Heart!

**Natural Heart Health Tips
By Donna Crow**

The tide is strongly turning toward natural medicine in the US and many doctors are becoming more open to natural treatments, however, few have training in natural medicine so don't expect them to be experts on this subject. If you want to help yourself naturally you will very likely need to become a research assistant for your doctor.

The question then becomes, "Is there really anything out there that is natural that can help the heart in any real way that is worth researching?" I believe the answer is yes. In this article I'm going to tell you about nine natural products that anyone who is interested in natural heart health will want to know about.

Natural Heart Health Product #1: Magnesium

Magnesium is essential to heart health. Magnesium keeps the heart relaxed. A major cause of heart attack in the US is stress. So why does stress cause heart attacks? Because stress uses up magnesium stores in the body. Without adequate magnesium the heart starts to cramp. Both calcium and magnesium are involved in each heart beat. Calcium signals the heart to contract and magnesium signals the heart to relax. So each beat of your heart involves both calcium and magnesium.

The average person has generous amounts of calcium available for use from their diet; magnesium, however, is less readily available. Our soils are very low in magnesium and as a result, our food has very little magnesium. According to Dr. Mildred S. Seelig, who wrote *The Magnesium Factor*, seven out of ten people are low in magnesium. That's a serious problem when it comes to the heart.

Did you know that when a person ends up in an ambulance or an emergency room with a heart attack the EMT's or the physician on call will give them an injection of magnesium? Why? Because it will immediately cause their heart to relax.

Gee. . .I wonder if a person could add magnesium to their diet and avoid having the heart attack in the first place. According to medical science they can.

Of course the ideal is to eat foods high in magnesium, but unless you buy from local farmers who you know are amending their soils with magnesium, or unless you are growing your own and amending the soil, your best bet is a magnesium supplement.

The trick is to get a magnesium of high enough quality that the body can actually use it. The best magnesium pill that I know of is Magnesium orotate. This is the closest to an injection that you can find in an oral product.

<http://www.excellentthings.com> is a great source for magnesium orotate, or google for other sources.

Natural Heart Health Product #2: Hawthorn Berry Syrup

Hawthorn(e) Berry is a little berry that

grows on Hawthorn bushes. The scientific name for Hawthorn is *Crataegus* species. It is sometimes spelled with an “e” on the end. Historically it has been used to strengthen the heart.

Dr. Richard Schulze tells his own personal story regarding hawthorn berry and the heart. When he was a young man in his teens he was diagnosed with “incurable” heart disease, part of which was a faulty heart valve. Being a determined young man, and learning of the healing effects of hawthorn for the heart, he immediately began to munch on hawthorn berries all day long. In less than two years his heart was totally restored.

Dr. Schulze is just one of many who have experienced the profound healing abilities of hawthorn. Clinical studies have revealed what the natural healers knew all along; hawthorn is healing to the heart. At this site alone you can find a list of 32 clinical trials, 11 observational studies, and 24 animal studies.

<http://www.herbmed.org/Herbs/Herb97.htm>

What were some of the results?

In one study, “Patients with cardiac insufficiency stage NYHA II, showed significant improvement in clinical symptoms like reduced performance in the exercise tolerance test, fatigue, palpitation & exercise dyspnea, ankle edema & nocturia by 83%.” An 83% improvement is huge!

Others studies found increased ability to exercise, quality of life improved, showed “promise as adjunctive agents for the treatment of left ventricular dysfunction,” decreased orthostatic fall in blood pressure, improved heart rate, reduced shortness of breath and edema, reduced anxiety. It was found to be “therapeutically equivalent with chemo therapeutics and *also being devoid of any*

adverse effects.”(italics mine)

An article listed at PubMed, (see link below) says that the results of meta-analysis of randomized trials using hawthorn extract for treating chronic heart failure suggest that there is a significant benefit from hawthorn extract as an adjunctive treatment for chronic heart failure.

[http://www.ncbi.nlm.nih.gov/sites/entrez?cmd=Retrieve&db=PubMed&list_uids=12798455&dopt=Abstract,](http://www.ncbi.nlm.nih.gov/sites/entrez?cmd=Retrieve&db=PubMed&list_uids=12798455&dopt=Abstract)

All the studies I found showed the efficacy and safety of using hawthorn in the treatment of heart disease and no adverse drug reactions were reported. Nevertheless, when starting a new product, be sure to ask your pharmacists about any possible contraindications.

Sometimes when looking for results from medical studies it can seem a little daunting and unfriendly. Some are written in foreign languages and some are just too technical for non-medical people. However, if you look around you can find more layperson friendly information.

When I scrolled to the bottom of the HerbMed websites long list of Pub Med articles, I found an article by Christopher Hobbs entitled *Hawthorne For The Heart*.

<http://www.healthy.net/asp/templates/article.aspPaeType=Article&ID=898>

I thought that sounded user friendly enough so I clicked on it and started reading. Mr. Hobbs takes information from complex medical papers and makes it understandable by the average person.

Here are a few quotes:

“The extract of hawthorn can increase blood

flow to the heart muscle itself, helping to counteract one of the most common modern causes of death in industrial countries—heart attack due to lack of blood flow to the heart. In pharmacological tests on both animals and humans, hawthorn has been shown to improve the contractility of the heart muscle (which can lead to a stronger pumping action of the heart), increase cardiac performance and output, lower the peripheral vascular resistance (reducing the workload of the heart), steady the heartbeat (anti-arrhythmic effect), as well as increasing the heart's tolerance to oxygen deficiency, such as might happen during stress or excitement, or in diseases where the arteries are partially blocked."

He also reports, "With long-term use, hawthorn can safely help to strengthen and nourish the heart."

Here is a summary of the important clinical effects of hawthorn:

- 1) It dilates the arteries that supply the heart muscle itself with blood, oxygen, and fuel, providing a better supply of these essential nutrients. This results, with continued use, in a stronger, more efficient heart beat.
- 2) It acts as a powerful free-radical scavenger, protecting the heart against the harmful effects of lessened oxygen; a common result of vascular disease, such as atherosclerosis.
- 3) It can help steady the heartbeat if it is irregular, and does not lead to dependence.
- 4) It has mild sedative activity, which may be useful where mild heart disease is combined with nervousness, hypochondria, etc., in which case it can

be combined with lavender or lemon balm.

When researching, if references to the original studies are not included in the article and you want to see the actual studies you can then write to the author of the article. Their contact information is usually obvious.

For more info on Christopher Hobbs:

<http://www.christopherhobbs.com/>

Another layperson friendly site is:

<http://www.viableherbalsolutions.net>

Their information is based on scientific studies, but it is reported in a fashion which makes it easy to understand.

Here is a little of what they report about hawthorn.

"Hawthorne Berries have been used since the 19th century to support the heart, and to normalize cardiovascular functions. Hawthorne increases the body's ability to utilize oxygen, and the heart's ability to utilize calcium. This herb can actually help regulate both high and low blood pressure, in addition to slowly breaking down cholesterol and fat deposits in the body.

The bioflavonoids help strengthen the contractive force of the heart, and gently dilate & relax the coronary blood vessels, improving overall circulation. For this reason, Hawthorne Berries have been used to lower high blood pressure & high cholesterol, as well as increase low blood pressure.

When used to support weight loss programs, Hawthorne Berries help reduce water retention by expelling excess salt from the body. This botanical has also been known to reduce nervous tension, alleviate insomnia

and aid digestion. Hawthorne can also be used to strengthen joint lining, collagen and spinal discs. "

For those who say 'prove it' and who prefer multi-center, double-blind, placebo-controlled type studies, consider Nutrition Science News, the journal of natural products research and innovation. Here is a link to an NSN article on hawthorn that lists 23 studies.

http://exchange.healthwell.com/nutritionsciencenews/nsn_backs/Aug_00/hawthorn.cfm

You can chew fresh or dried berries daily, like Dr. Schulze did, or you can take them in capsules. Personally I like syrups or tinctures. This is a great site for syrup.

<http://www.hawthornsyrup.com>

(Dosages would be determined by product instructions and your personal health practitioners recommendations.)

Natural Heart Health Product #3: First Milking Colostrum

Colostrum is the fluid that comes from the udder of a cow just after calving, and just prior to the first milk. The purpose of colostrum is to supply the new born calf with a major shot of growth factors and immune factors to insure a healthy start in life.

New born calves drink about 2 gallons, the rest is collected for human or agricultural use. Bovine colostrum is considered to be a universal donor. This means all mammals, including humans and dolphins, can use it and benefit from it.

Colostrum has been used to save the lives of weak farm animals from the dawn of time. It is identical to human growth hormone except

that it is more potent due to much higher levels of all the growth and immune factors. From a human standpoint it is super colostrum.

Two of the main growth factors, GH and IGF-1 are essential for heart health. Human heart cells have many GH receptors showing that GH is a major player in keeping the heart healthy. GH stands for growth hormone and growth hormone is remarkable for promoting muscle growth. Wise body builders use colostrum as a healthy way to increase their muscle mass without the use of steroid hormones.

In my experience colostrum builds muscle even without exercise. When I first started using it I had been chronically ill for many years and my muscle mass was very low. After six months on colostrum I had completely restored muscle mass without exercise (I was unable to exercise due to illness).

What does this have to do with the heart? Well, the heart is a muscle and colostrum strengthens the heart just like it strengthens other muscles in the body.

When my mother was alive she suffered from Congestive heart failure and an enlarged heart. She began GH injections (Growth Hormone) and it literally saved her life. She became somewhat famous in the local medical community because of it. I never could understand why this surprised her doctor. To me it was obvious that growth hormone would help her heart since the heart is a muscle. It was also obvious to other doctors, but her doctor thought it was a waste of time and only agreed to help her do this because he believed she was dying and didn't want to deny us this last ditch effort to help her.

She received her first shot in his office. When she entered his office she was gray and

could barely walk. A few minutes after receiving her first GH injection she came to life again.

You have to understand that at this point she had less than 6 weeks to live. After her first injection, however, her color came back into her face and she began to be animated, instead of limp, and she walked out of his office with her normal spring in her step. He was shocked. I was not.

I was the one who initiated this treatment option. I had seen Dr. Ronald Klatz on television promoting his new book *Grow Young With HGH*. He talked about the many benefits of Human Growth Hormone on the body, not the least of which was it's benefit to the heart. He told several stories of people with heart disease experiencing remarkable levels of heart healing from the use of HGH. I knew instantly that it was an answer to prayer for my mom and it turned out to be so.

Under the doctors care and instructions, she did injections for many months which she paid for out of her own limited funds. She was not instantly healed, she still had a weak and enlarged heart, but the HGH so greatly strengthened her that she felt good and seemed to be a walking miracle to her doctor.

About a year and half into this, we discovered colostrum. Everything we read said it had therapeutic levels of GH in it, as well as IGF-1, which is also essential to heart health. There was some dispute about whether or not the GH was bio-available, however, from reading people's testimonies of recovery from congestive heart failure it seemed that it had to be being used by the body. The protein in colostrum could not be causing the heart restoration that people were seeing. It had to be the GH and IGF-1. That was my belief and that of many researchers.

I shared this information with my mom and encouraged her to consider adding it to her health protocol. Without consulting with me or her doctor she decided to stop the growth hormone injections and just do the colostrum. If I had known she was doing that I probably would have had a heart attack myself. I would *not* have thought the colostrum alone would have sustained her like the expensive GH injections. I would have advised her against stopping the injections.

After a month of only doing the colostrum she told me what she had done and that she felt even better on the colostrum alone than she had on the injections. Wow! I couldn't believe it. That was some amazing good news (once I got over the delayed fear/shock of her not doing her injections.)

When she was on the HGH injections her heart showed no signs of improvement whenever the doctors did tests on her. It was the same size and it was no stronger. Nevertheless *she* was profoundly stronger and just felt better overall so we didn't worry about the lack of hard cold facts regarding her heart condition.

Now listen to this part. One week prior to her starting the colostrum she had a total heart check up and they told her she was just the same, no improvement, however, keep on doing what you are doing because "we know your normal heart medications would not help you like this."

Eight months later, after doing colostrum daily (3 caps morning and evening) she got retested. At that time, their tests showed that her heart was smaller (less enlarged) and had improved in strength by 14-17%.

Once again the physicians who examined her were pleased and flat out told her that she

should continue whatever she was doing because they knew from years of prescribing to other patients that the prescription medications they had her on would never cause this kind of restoration. They were intended to treat symptoms only. She was surprised and pleased that they would say that to her.

She went on to live another five years beyond her 2-6 week prognosis. She died a few days after her 80th birthday. Those extra five plus years were extremely precious to me and the things we learned during that time have been able to be passed on to others for their consideration.

Colostrum is one of the most profound healing foods on the planet, if not the most. The benefits to my family have been nothing short of profound and I tell everyone about it.

I don't know of anything that works better for healing the gut in cases of Irritable Bowel Syndrome, Leaky Gut Syndrome, or Crohn's.

It has been profound for helping repair or protect the myelin sheath covering nerves for those suffering with MS type illnesses.

It has epithelial growth factor in it. Our skins cells are epithelial cells and this growth factor is part of the reason colostrum does such nice things for our skin, making us look younger.

It also has Transforming Growth Factor in it, which helps the body repair joints and disks. It helps increase serotonin levels, which helps with sleep and mood elevation. It is an immune system modulator, which means it will boost it if it is low and down regulate it if it is too high, as in autoimmune disorders.

More than 4000 papers have been published on the many and varied benefits of first

milking colostrum. You can go to the National Library of Medicine at and type colostrum into their search engine to being reading.

<http://www.nlm.nih.gov/>

Or you can go here to read a small collection of important articles regarding colostrum and cancer, swine flu, anemia and more:

<http://www.bulkcolostrum.com/Page2.html>

Not all colostrum is the same. It must be first milking, which is the most potent. You can read more about that at:

<http://www.bulkcolostrum.com> under the articles link look for *First Milking Colostrum*. You can also purchase it there at discount prices.

Natural Heart Health Product #4:

Co-Q-10

Co-Q-10 is an abbreviation for Coenzyme Q-10. This is an enzyme that is produced by the body which is essential to heart health. As we age our Co-Q-10 levels significantly drop. One way you can see this on the outside of your body is to look at your gums. If they are receding you are probably low in this enzyme. Your gums reflect the health of your heart.

Just a short time on this enzyme will generally result in noticeable improvement in your gums, which is an outward sign that it is also helping your heart.

There have been many studies done on oral supplementation for various heart conditions which show that people who take supplemental Co Q-10 experience significant resolutions in symptom severity and also experience fewer hospitalizations.

Even patients with end stage heart failure awaiting heart transplantation who received 60mg. of Co Q-10 supplement for 3 months experienced a significant improvement in functional status, clinical symptoms, and quality of life. Those using placebo had no measurable benefits at all. It is important to note that 60 mg is very low dose. 300-400 mg is normally recommended for heart patients.

Here is a quote from Peter H. Langsjoen, M.D.:

in "Pioneering trials . . . Coenzyme Q10 was given orally in divided doses as a dry tablet chewed with a fat containing food or an oil based CoenzymeQ10 gel cap swallowed at mealtime. Heart function, as indicated by the fraction of blood pumped out of the heart with each beat (the ejection fraction), showed a gradual and sustained improvement in tempo with a gradual and sustained improvement in patients' symptoms of fatigue, dyspnea, chest pain, and palpitations. The degree of improvement was occasionally dramatic with some patients developing a normal heart size and function on CoenzymeQ10 alone. Most of these dramatic cases were patients who began CoQ10 shortly after the onset of congestive heart failure. Patients with more established disease frequently showed clear improvement but not a return to normal heart size and function."

When shopping for Co-Q-10 it is important to note that not all of them are the same. There is a big difference in quality. It is wise to do due diligence and make sure the product you are getting is one that will be well absorbed and utilized. The two best prices I have seen on a Q-sorb type Co-Q-10, which is supposed to be better absorbed, are at WalMart and

SwansonVitamins.com.

You should also know that statin drugs and beta blockers greatly reduce your levels of Co-Q-10, while natural alternatives to these drugs do not do this.

Statins are anti-inflammatories. Serrapeptase (which we will look at later) is a natural anti-inflammatory that has shown in studies to work better than statins without the side effects. You can google this and you will find a plethora of information on this subject.

What is a beta blocker? Beta blockers, also known as beta-adrenergic blocking agents, are drugs that block norepinephrine and epinephrine (adrenaline) from binding to beta receptors on nerves. They are used for treating: abnormal heart rhythm, high blood pressure, heart failure, and angina (chest pain).

All of these symptoms can be treated with natural products like the hawthorn berry syrup, and magnesium previously mentioned. In fact, studies show that these products work better than the pharmaceutical drugs do without the dangerous side effects. None of the natural solutions will reduce your body's Co-Q-10, for instance.

Let me ask you this. If the pharmaceutical drug doesn't work as well and has dangerous side effects that the natural solution does not have, like reducing Co-Q-10 levels, why would anyone choose to take the pharmaceutical rather than the natural product.

I believe there are two reasons. One is fear. They just can't imagine that their doctor would recommend they take something that is dangerous and less effective than a natural, readily available product and they fear to be responsible for their own health. That is understandable.

Secondly, pharmaceutical medicines are generally covered by insurance plans and natural supplements are not.

The main reason people take them, however, is ignorance. They just don't know that medical science says the natural products work better and are safer. When it comes to your heart it pays to do some research.

If my mother had blindly trusted her allopathic doctor she would have been dead in her sixties. She was close to death when she connected with a gifted ND who got her out of a wheel chair and back into life by getting her off the 10 prescription medicines she was on and onto natural supplements that scientists have proven work better. (Look for my upcoming article on Nature vs Medical Science in the Treatment of Disease.)

When it comes to health, ignorance is not bliss.

Natural Heart Health Product #5:

L-Taurine

L-Taurine is an amino acid, which is a building block of protein. This is what Ray Sahelian says about it on his web site at the link below.

<http://www.raysahelian.com/taurine.html>

“The function of taurine in the cardiac vascular system is extensive, and the mechanism is complicated. Taurine protects cardiac cells from injury caused by ischemia. (heart attack) This amino acid helps prevent endothelial dysfunction caused by hyperglycemia, hypercholesterolemia, smoking and homo cysteine; suppresses the proliferation and calcification in vascular smooth muscle cells, promotes metabolism and excretion

of cholesterol in animal models of hyperlipemia. Taurine mainly acts inside the cell. However, taurine transport system becomes aberrant in pathological myocardial and vascular tissues. In addition, taurine improves cardiovascular function in fructose-induced hyper-tension . . .”

L-Taurine plays a major role in regulating heart contractility. In addition it guards against the toxic threat to the heart caused by drugs like Adriamycin (doxorubicin), a medication used in chemotherapy. These drugs frequently cause heart attacks, cardiac arrest, and arrhythmia in those taking them to treat cancer.

L-Taurine is found in highest concentrations in the heart and the retina of the eye. No other amino acid is more concentrated in the heart than l-aurine. People with heart disease have been shown to be low in l-aurine and l-aurine supplementation has shown to reduce symptoms and strengthen the heart. It helps regulate platelet aggregation, which has benefits for the entire cardiovascular system, not just the heart.

L-Taurine is inexpensive and readily available online and at most health food stores. According to Dr. Leonard Smith*, the below are recommended doses:

Heart disease - 5-6 grams daily in three divided doses (low taurine and magnesium levels were found in patients after heart attacks).

Arrhythmias or congestive heart failure - 2 grams three times daily has shown improved cardiac and respiratory function.

(*Leonard Smith, M.D., is a renowned gastrointestinal, vascular and general surgeon as well as an expert in the use of nutrition and natural supplementation. For the past 20 years, Dr. Smith has investigated many holistic

medical programs. Dr. Smith strives to stay on the leading edge of research and breakthroughs in the field of functional nutrition.)

L-Taurine is important for health in general. It is wonderful for the brain. My mother had seizures periodically all through her life. She took various pharmaceutical medications for this during those years, all of which had major side effects. Later in life, in her sixties, she learned that L-Taurine was extremely effective in quieting the brain and preventing seizures.

She stopped all her prescription medications for seizures and began regular L-Taurine supplementation. As a result she was able to remain seizure free for the remainder of her life even in extremely high stress situations that would have normally stimulated a seizure. Not only was it effective but it was side effect free. She only had to take 500 mg a day to remain seizure free. At that time didn't know that L-Taurine was good for the heart or she would have taken more.

If you have heart health challenges I highly recommend that you do some research on this very useful product and discuss adding it to your natural health protocol with your natural health care practitioner.

Natural Heart Health Product #6:

Cardio C

This is a formulated product put out by:

<http://www.vitamincfoundation.org>.

Cardio-C was developed by Linus Pauling (winner of the Nobel Peace Prize for his work with Vitamin C) and promoted widely by Dr. Matthias Rath. This formula contains Vitamin C, L-Lysine and L-Proline. Linus Pauling proved these effective in removing plaque

from the arteries.

I have seen reports by individuals who said this product cleared their arteries in just a few months time. Some health care practitioners recommend using it for at least two months out of the year, sort of as a spring cleaning. Personally, if I had the normal American diet, I would be inclined to take it daily, all year long.

You can google for more information on this, or go to the Vitamin C Foundation site and read up on the science and the recommended dosages.

Natural Heart Health Product #7:

Serrapeptase

I mentioned serrapeptase earlier as a natural anti-inflammatory. Inflammation is often an issue in heart disease and there is nothing that works better than serrapeptase to reduce inflammation in the body. Once again, medical studies have proven that this product works better than pharmaceutical statin drugs, without any of the side effects that accompany these drugs.

Serrapeptase is an enzyme that is produced by the silk worm to digest its cocoon so that it can escape as a butterfly. It is grown in laboratories and no silk worms or butterflies are harmed in its production.

It is a natural pain reliever as well as an anti-inflammatory. Serrapeptase digests scar tissue and can help remove scars from previous heart attacks (which weaken the heart). It also clears congestion from the lungs and thus helps with oxygen levels, which also helps the heart to do its job better.

This is a good place to begin an education on serrapeptase. It is also an excellent place to

purchase the highest quality serrapeptase available at the best price.

<http://excellentthings.com/Serrapeptase.html>

Natural Heart Health Product #8: **StemPlex**

StemPlex is a formula put out by Simplexity Health. This product has shown to significantly increase the production of stem cells in the body (in the bone marrow).

What you may not know is that any cells in your body that are damaged or ailing will send out a signal to your body's stem cells calling them to come and do repairs. When we are younger we heal quickly and easily mainly due to the large numbers of stem cells in circulation. As we age these numbers decrease and we don't mend as well.

By greatly increasing the number of stem cells being produced in the body we can return to younger levels of body repair. The testimonies speak for themselves with this product. People with blindness have had their sight restored. People with serious damage from stroke have had all or most of their symptoms completely alleviated. People with high blood pressure and diabetes have seen these completely resolve.

Besides colostrum, this is the most remarkable product I have seen in over 30 years of supplement research and use. There are a number of products out there that increase stem cell production, but I have not seen any of them produce the phenomenal results that this product has.

You can read more here:

www.downloadmyebook.com/ebooks/dcrow.swf

I have a very dear friend who has had some serious heart symptoms like angina and shortness of breath, accompanied by purplish blue color in her thumbnails. She started on 2-4 StemPlex a day and within just a few weeks all her symptoms abated. She is profoundly pleased.

Increasing the body's production of stem cells has the potential to help pretty much anything that ails you, since stem cells repair everything in the body. I believe this is the medicine of the future. Why treat symptoms only when you can help the body to do repairs instead.

I had some serious hip pain that totally disappeared by taking only two StemPlex a day for a few weeks. I love this stuff. Combined with colostrum it is just amazing. Of course a diet high in live health foods would increase its effectiveness by supplying good building blocks for the stem cells to do their work.

Natural Heart Health Product #9: **Benfotiamine**

Benfotiamine is a natural product that, like Co-Q-10, has been shown to be very helpful in increasing the ejection fraction of the heart. That is the amount of blood that gets ejected when it pumps out to the body. If your heart is weak it won't pump strongly but benfotiamine, like Hawthorn, can help it pump better.

I became aware of this product through a customer of mine who is an MD. He was using it for his own heart issues.

Benfotiamine is a natural form for a B Vitamin—Thiamine—and is readily available from many different sources on the Internet. It does not

cure, necessarily, but it can be a natural way to boost the pumping power of the heart while it is healing from the use of things like Hawthorn berries.

Belly Breathing

Belly breathing is not a product, but it is important to know about. Have you ever heard of “futile” breathing? Not many have, but it is a serious issue. What is it? It is shallow breathing off the top of your lungs.

Here is a definition from:
<http://www.breathwork.com>:

Futile Breathing: Due to poor breathing habits, limiting decisions about ourselves, and suppressing emotional experiences, the average person utilizes only about 1 litre of their 6 to 7 litre lung capacity. These dysfunctional breathing habits, are known as futile breathing, being characterized by short, shallow irregular breathes and tends to be associated with internal stress and disharmony leading to confusion, tiredness, illness, and poor results in life generally.

Studies show that the majority of people who have heart disease are shallow or futile breathers.

According to Dr. L. C. Lum:

“ . . . futile breathing has a profound effect on bodily functions and frequently results in chronic ill health. This includes chronic or intermittent fatigue; chest pains and palpitations suggestive of heart disease; dizziness; faintness; blackouts; visual disturbances; tingling and numbness in arms, legs, hands etc.; muscular cramps in neck, shoulders, back; stomach upsets, heartburn, gas; anxiety and panic attacks;

feelings of unreality; depersonalization; hallucinations; sleep disturbances; nightmares; night sweats; even some symptoms associated with irritable bowel syndrome, as well as angina and progressive damage to the heart.”

(Behavioral and Psychological Approaches to Breathing Disorders, Timmons and Ley)

As you can see from this list, how you breath is a serious issue for the heart. The good news is that it is easy to breath correctly. It is a matter of training and the training is easy. Google “Belly Breath” and you will find hundreds of sites with simple instructions for belly breathing. Here is one:

Lay down on your back and place a light weight book over your belly button; with the binding facing you.

Inhale and send the breath deep into your belly. As you do the book will rise up under the pressure of the breath.

Exhale through the mouth. Use a gentle “blowing” technique, pursing the lips, pushing with the belly and lowering the book as you do.

Doing this for 3-15 minutes a day will train your body to breath deeper all day long even when you are not thinking about it. It will train your body to breath the way it was designed to breath. Trauma in life changes the way we breath, which changes our health. Conscious belly breathing can help reverse poor breathing habits.

One of the things I learned while studying this subject is that the body produces its own weight in ATP daily. That is remarkable.

ATP is what our cells run on. When ATP lags, our energy lags and ATP is made from OXYGEN and glucose. With low oxygen levels our ATP

levels drop and our energy drops.

When my energy lags, I do some relaxed non-stressful deep breathing, filling the bottom of my lungs. After about ten minutes I start to wake up and feel like functioning again.

It's not just about getting more air into your lungs, it is about getting air to the bottom of your lungs. There are more blood vessels in the lower lungs, and oxygen utilization is greatly increased when oxygen enters that area.

In addition, slow rhythmic belly breathing stimulates a parasympathetic response in the body. This means less epinephrine circulating. Epinephrine (which is adrenaline) is released when the body is in sympathetic (or stress) mode. It is reduced when the body is in parasympathetic (or relaxed) mode. If you remember, I mentioned earlier that Beta Blockers block epinephrine. Well this type of deep belly breathing does the same thing without the dangerous side effects.

For more on the subject of healthy breathing see the article: *Take A Deep Breath* located at: <http://www.DonnaCrow.com>

Well, this is certainly not an exhaustive list of products or techniques that can help a person have a healthy heart but it is undoubtedly an exceptionally good list to start an education with. I hope you have enjoyed this brief intro to natural heart health.

Remember that the body was made to run on good fuels. You cannot eat lifeless manufactured foods and expect the body to be able to use those materials to build healthy tissues. You need live, natural, nutrient dense foods. There is no pill in the world that can take the place of a healthy diet and lifestyle.

Please be responsible and do due diligence before starting on any new health protocol, whether it is one you choose or one your doctor chooses. Be sure to consult with your health care provider before stopping any prescription medications.

The information in this article is shared for educational purposes only and is not intended to diagnose or prescribe. No results are guaranteed. Nothing works first time, every time, for everyone. A product that works well 80% of the time for 80% of the people will still work poorly, or even result in problems, for a small portion of the population.

Unfortunately, whether it is a pharmaceutical or a natural product, you won't know how it affects you until you try it, and that decision is up to each individual. Your health is your own responsibility. Please be responsible.

To Your Health!

Donna Crow

Certificate in Lymphology, HHP, EFT-ADV.
Gi-Jo Advanced, Natural Health Advocate and Reporter

For other articles see:

<http://www.DonnaCrow.com>

Other sites of interest:

<http://www.bulkcolostrum.com>

<http://www.theoriginalhomozon.com>

<http://www.goodhealth.nu/us/1387/>

<http://www.excellentthings.com>

<http://www.donnacrow.com>

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Check list:

✓ **1) Magnesium**

<http://www.excellentthings.com>

✓ **2) Hawthorne Syrup or Berries**

<http://www.hawthornesyrap.com>

✓ **3) Colostrum**

<http://www.excellentthings.com>

✓ **4) Co-Q-10**

Walmart,

<http://www.swansonsvitamins.com>

local health food store, or on Internet.

✓ **5) L-Taurine**

Local health food store or?

✓ **6) Cardio-C**

<http://www.vitaminfoundation.org>

✓ **7) Serrapeptase**

<http://www.excellentthings.com>

✓ **8) StemPlex**

<http://www.donnacrow.com>

✓ **9) Benfotiamine**

Local health food store or Internet.

✓ **10) Don't forget to breath.**

<http://www.donnacrow.com>

