

Preventing Stroke and Heart Attacks

According to the U.S. Centers for Disease Control (CDC), the number one cause of deaths in the U.S. is cardiovascular disease. In fact, more men and women die from cardiovascular disease than the next 4 leading causes of death all combined. Here are some startling facts:

More than 800,000 people die in the U.S. each year of cardiovascular disease, making it, not cancer, the No.1 killer.

- In up to 40% of heart attack patients, traditional risk factors like elevated cholesterol, hypertension and diabetes are absent.
- One in four Americans who suffer a heart attack will die from their first incident which is frequently their first and only indication of ill health
- Standard cholesterol tests are NOT helpful in gauging an individual's risk of cardiovascular disease since approximately 60% of people who have a heart attack have normal cholesterol.

Note: Blood cholesterol is lowered by thyroxin and adrenalin, as does pituitary thyrotropin even if the thyroid gland is missing. The real reason for high blood cholesterol dietary is a deficiency of the natural cholesterol metabolizers in natural unrefined organic, cold pressed vegetable oils: safflower, sunflower, walnut, pumpkin seed, coconut oil, almond oil, and cashew oil to name a few.

- Chronic silent inflammation is one of the key root causes of cardiovascular disease. There are many **sources that cause systemic inflammation:**
 - Refined carbohydrates
 - Heavy metals (Hg, As, Cd, Pb, Al, and Ni) are the most common.
 - Glyphosate (herbicide)

- Toxins from root canal teeth
- EMFs (wi-fi, cell phones, TATRA)
- Trapped childhood vaccines and adjuvants

1. Take B vitamins.

Just taking a daily B-complex supplement could cut your risk of ever having a stroke by 25 percent, Canadian researchers say. Stroke occurs when a blood vessel carrying blood and oxygen to the brain becomes blocked or bursts; this family of eight essential nutrients helps keep those blood vessels clear of clogs. Important: Always check with your doctor before taking any supplement for the first time.

2. Up your intake of vitamin E with sunflower seeds.

Snacking on 1/4 cup of sunflower seeds every day can slash your odds of having a stroke by 29 percent in two weeks, a Tufts University study found. The seeds are chock-full of two essential forms of vitamin E (tocopherols and tocotrienols), which team up to lower inflammation in your brain's blood vessels.

3. Eat potassium-rich tomato sauce.

Tomato sauce is loaded with potassium (1 cup has 900 mg), and a diet rich in potassium can lower your stroke risk by 20 percent. "Potassium reduces the effects of dietary sodium by helping to regulate blood pressure, a risk factor for stroke," says nutritionist Maya Feller, RD. Tip: Adding a little olive oil to your sauce increases its stroke-preventing effects. "Olive oil helps quell inflammation in the blood vessels that could otherwise lead to stroke. A study of adults age 65 and older found that regularly using olive oil in place of other fats sent their stroke risk plunging 40 percent.

4. Eat tropical fruits.

Enjoying one cup of pineapple, mango, papaya, or any other tropical fruit each day slashes your stroke risk by 33 percent, report researchers in the journal *Stroke*. Tropical fruits are rich in carotenoids — nutrients that strengthen and heal blood vessel walls — and help prevent blood clots, says study coauthor Demetrius Albanes, MD.

Foods high in carotenoids: Carotenoids are plant-based pigments known for their robust antioxidant power as well as their brilliant orange to reddish hues.

- Orange/yellow/red bell peppers
- Apricots
- Collard greens
- Kale
- Acorn squash
- Sweet potatoes
- Spinach
- Pumpkin
- Tomatoes (especially canned tomatoes)

* The orange hues from the carotenoids in collards, kale and spinach are masked by their leaves rich supply of green chlorophyll.

5. **Get enough sleep.**

Even if you don't make a single other change to your diet or lifestyle, ensuring that you get seven to eight hours of sleep nightly could send your stroke risk plunging down by 35 percent in one month, research in the journal *Neurology* suggests. Sleep is your body's prime time to repair any brain blood vessels that are aging or worn, explains study coauthor Claudio Bassetti, MD.

6. **Drink enough pure water. Need a good filter: Berke, Adya, or Vitasalus.**

Simply knocking one soda (sweetened or sugar-free) out of your daily diet — and replacing it with 16 oz of water — reduces your risk of a stroke by 53 percent. According to Loma Linda University research, soda contains chemicals that can make blood sticky and more likely to clot. Plain water does the opposite — it thins blood, reducing the risk of clots forming. Tip: Make plain water extra-refreshing by adding a splash of unsweetened orange, cranberry, or purple grape juice or a few slices of fresh lemon or lime.

7. Nix stress by breathing deeply and meditation.

The journal Hypertension reports that how we react to life's annoyances might put us at a higher risk of stroke. "Stress — and angry outbursts, in particular — can **triple** your stroke risk, especially within two hours of the outburst," explains naturopath Michelle Schoffro Cook, PhD. "Anger sends hormones like adrenaline and cortisol skyrocketing, which will cause vasoconstriction." Not to worry: Just breathing deeply is study-proven to rapidly decrease stress on you and your blood vessels. A technique called "lucky seven" is especially easy and effective: Whenever you feel stress or anger rising, slowly breathe in to a count of seven, hold for seven, and then exhale for another count of seven. Repeat for three minutes.

8. Tend to your garden or get a pet dog or cat.

No matter how healthy you are right now, puttering around for an hour each day in your garden could slash your stroke risk by as much as 67 percent. As Mayo Clinic researchers explain, physical activity sends more nutrient-rich blood to your brain, while also helping to prevent (and treat!) artery-damaging high blood pressure, a major risk factor for stroke.

10 simple modifications can go a long way to preventing or reversing heart disease.

- 1. Eat a healthy diet:** Pure Synergy has 60 different organic and wild crafted grasses, herbs, vitamins. Raw, organic vegetables, grass feed beef.
- 2. Steady your blood sugar:** cinnamon and eating red meats protein and good quality fats will keep your sugar level even.
- 3. Increase your fiber:** High-fiber foods include vegetables, nuts, seeds and lower-sugar fruits like berries.
- 4. Avoid processed, junk foods:** The four food groups, Burger King, McDonalds, Toco Bell, and Wendy”s.
- 5. Increase omega-6 and 3 fatty acids:** Clogged heart arteries are caused by adulterated oils, corn, cotton seed, canola, soy, sunflower and safflower oils.
- 6. Eliminate all hydrogenated fat:** margarine, shortening, processed oils and many baked goods and processed foods like cookies and crackers. Even when the label states “no trans fats," the word “hydrogenated" indicates that the product contains trans fat in one or more of the ingredients. Use healthy oils instead like coconut oil (rich in medium-chain triglycerides or MCTs), extra-virgin, organic, cold-pressed, olive oil, organic sesame oil and other nut oils.
- 7. Avoid or reduce alcohol intake:** Alcohol can raise triglycerides, contribute to fatty liver and create sugar imbalances. It also hampers certain digestion.
- 8. Take quality food based supplements:** No fish oils.
- 9. Exercise:** Research shows 30 to 45 minutes of cardiovascular exercise at least five times a week can benefit your heart.
- 10. Manage stress levels:** stress alone can cause a heart attack. Sadly, chronic stress often triggers a cascade of events that cause

that final, fatal heart attack. Among its problems, stress increases inflammation, raises your cholesterol and blood sugar, increases blood pressure and even makes your blood more likely to clot.

Broda Barnes, MD, PhD conducted 20 years of research, which showed that his group of patient who took 2 grains of natural thyroid hormone a day had the lowest heart attack rate of any group in America.

It is health that is real wealth and not pieces of gold and silver. Why not have both.

Mahatma Gandhi