

Helping Heart Health, By The Book



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Heart Disease Relief By Following
The Cardiac Recovery Plan For Long-Term Health

By Robert Redfern

Edition
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*Heart Disease Relief By Following The Cardiac
Recovery Plan For Long-Term Health*

By Robert Redfern

About the author

Robert Redfern – Your Personal Health Coach

www.MyGoodHealthClub.com



Robert Redfern (born January 1946) has helped hundreds of thousands of people in over 24 countries through online health support websites, books, radio/TV interviews, and his nutritional discoveries. His new series of books brings this work together in an easy-to-follow format that everyone can follow to help resolve their chronic health problem – once and for all.

Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 1980s. Up until 1986, Robert had not taken much notice of his health – in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their sixties, to shock Robert into evaluating his priorities.

Robert and Anne looked at the whole field of health, available treatments and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health. Robert and Anne changed their lifestyle and diet and, together with the use of **HealthPoint™** acupressure, the improvement to their health was remarkable.

As well as good health, they feel and look younger and more energetic than all those years ago - before they started their plan. At the time of printing, Robert, aged 74, and Anne, have every intention of continuing to be well and looking younger, using their unique understanding of Natural Health.



ROBERT REDFERN
YOUR PERSONAL HEALTH COACH

tells you everything you
need to know about:

Cardiovascular disease:

Using the science of
cardiac rehabilitation
to achieve a healthy heart



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From the publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Disclaimer: Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

Warning: Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.

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YOUR ACTION PLAN TO COMMIT TO A HEALTHIER CARDIOVASCULAR SYSTEM

TODAY	I DID THIS	Signed	Date
I Committed	To regaining and maintaining a healthy cardiovascular system lifestyle for the rest of my life		
I Committed	To drinking 6-8 glasses of water a day		
I Committed	To getting out in the sun for 20 minutes a day (except when contraindicated)		
I Read	Robert's <i>Helping Heart Health, By The Book</i> book		
I Ordered	The necessary supplements to facilitate my plan and my healing		
I Planned	My Daily Menu with ReallyHealthyFoods.com		
I Started	My breathing exercises		
I Started	Massaging the acupressure points		
I Reread	Robert's <i>Helping Heart Health, By The Book</i> book		
I Reviewed	The necessary supplements to facilitate my plan and my healing		
I Reviewed	My water intake		
I Reviewed	My menu		
I Reviewed	My breathing exercises		
I Reviewed	My life-giving sun exposure (except when contraindicated)		
I Reviewed	Massaging the acupressure points		
I Recommended	To regaining and maintaining a healthy cardiovascular system lifestyle for the rest of my life		
I Recommended	Robert's <i>Helping Heart Health, By The Book</i> book		
I Recommended	To taking the necessary supplements to facilitate the healing of my heart		
I Recommended	To my water intake		
I Recommended	To following my menu		
I Recommended	To doing my breathing exercises		
I Recommended	To life-giving sun exposure (except when contraindicated)		
I Recommended	To massaging the acupressure points		

What is heart disease?

The cardiovascular system and the heart

The cardiovascular system is made up of the heart and the blood vessels:

The heart

The heart is considered a muscular pump. However, it's actually a circulator and plays a crucial role, along with the circulatory system.

**The heart is the hardest working muscle we have.
It works non-stop, 24 hours a day.**

The heart is approximately the size of your fist and is located underneath the ribs, slightly to the left of the center of the chest. As a circulator, the heart can only work effectively when the entire circulatory system is healthy, active, and working in unison.



The circulatory system is made up of muscles, veins, arteries, and joints. E.g., The blood in your feet is unable to effectively get back to your heart and lungs without the joints in your legs, feet, and hips moving. This movement is necessary as it aids in the circulatory process and helps the heart do its job.

The heart and circulatory system's primary purposes are to:

- Circulate oxygen-laden blood and nutrients throughout the body via the arteries.
- Receive and exchange oxygen-poor blood and carbon dioxide from the body, deliver it back to the lungs where it can find fresh oxygen, and pump it back to the heart through the veins.

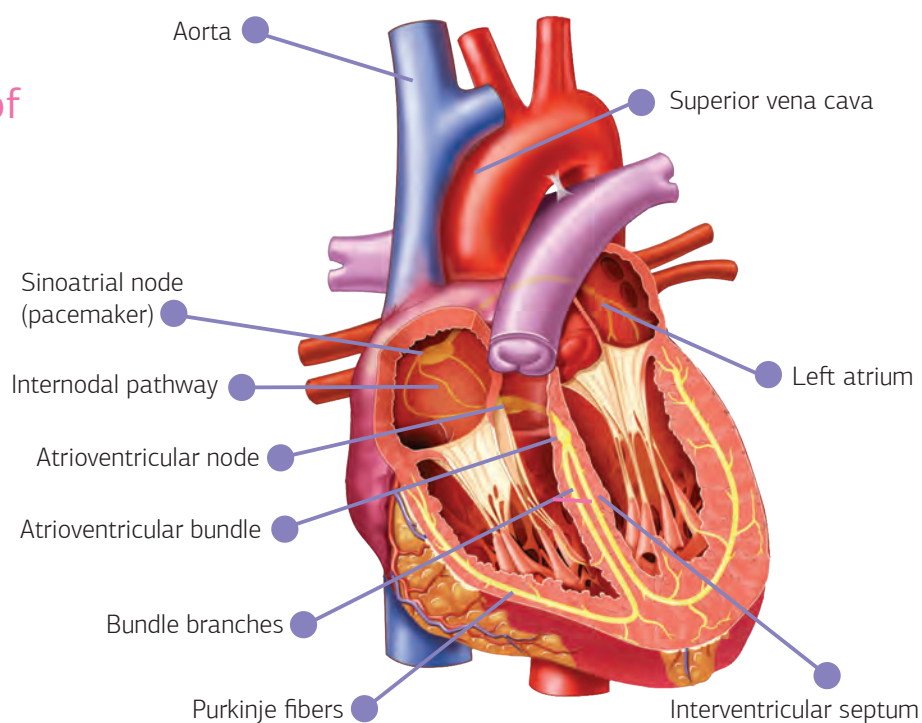
Anatomy of the heart

The heart is composed of four chambers:

1. Right atrium
2. Right ventricle
3. Left atrium
4. Left ventricle

The heart also has four valves:

1. Tricuspid
2. Pulmonic
3. Mitral
4. Aortic



The heart's blood vessels are called the coronary arteries. The three main arteries are:

1. Right coronary artery (RCA)
2. Circumflex artery (CX)
3. Left anterior descending artery (LAD)

The heart and circulatory muscles, like all muscles, become soft, weak, and flabby if we don't work them hard for short periods of time through physical activity and, yes, hard exercise.

Cardiovascular disease (CVD) is any disease that affects the heart or blood vessels.

This book deals with the most common diseases affecting the heart, including:

- Coronary artery disease (CAD)
- Atrial fibrillation
- Angina
- Cardiomyopathy
- Heart valve disease
- Congestive heart disease

It does not include the following, which are dealt with in other books in the series:

- Carotid artery disease (CAD)
- Peripheral artery disease (PAD)
- Aortic aneurysms
- Atherosclerosis
- High blood pressure
- Stroke
- Deep vein thrombosis
- Transient ischemic attacks (TIA)



Millions of people in western countries have some type of cardiovascular disease.



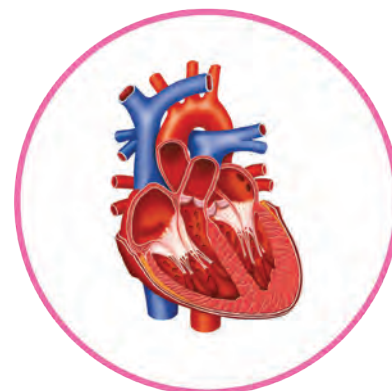
What causes heart disease?

Nutrition, endothelium, and inflammation

Cholesterol levels are not a reliable marker for heart disease since 50 percent of those suffering a heart attack have low cholesterol. Levels can be normal or even very low, and cardiovascular disease can still be present.

Heart disease is due to a number of causes, including:

- Un-natural diet
- Mineral deficiencies
- Vitamin deficiency (such K, D3, and B vitamins)
- Inflammation, calcification, and degeneration of the endothelium and heart valves
- Toxins



There may be no symptoms until a major cardiac event or, worse yet, death occurs.

How does chronic inflammation compromise the cardiovascular system?

Over time, chronic inflammation can damage the walls of the arteries and can eventually lead to arterial plaques breaking open, resulting in a heart attack or stroke. The arterial walls are damaged, and the diameter of the vessels becomes smaller and smaller. Damage can also occur quite rapidly, even in a matter of months.

The width of your arteries is secondary to the health of your endothelium.

Cholesterol is your friend

Cholesterol is essential for good health. The liver produces enough cholesterol every day to provide a healthy level of hormones, support brain function, and protect and defend the body and arteries against inflammation.

While cholesterol is definitely necessary and beneficial to the body, oxidized cholesterol, whether low or high, caused by high blood glucose levels (and possibly cortisol) is one of the culprits responsible for progressing cardiovascular disease. Cholesterol becomes oxidized when it is exposed to free radicals (unstable molecules that wreak havoc in the body).

While some level of free radicals in the body are unavoidable - and it's not possible to eliminate them completely - most of us have way too many from the lack of antioxidants. Oxidized cholesterol contributes to the damage (inflammation) already present in the arteries.

The signs and symptoms of a heart attack differ for men and women.

Men experience:

- Chest pain or pressure
- Pain while resting
- Pain down the left arm and shoulder
- Weakness

Women experience:

- Pain in the chest, upper back, jaw, or neck
- Shortness of breath, loss of appetite, indigestion
- Nausea, vomiting, cold sweats
- Unexplained fatigue, weakness
- Feelings of anxiety/insomnia



Cardiovascular disease occurs more often in men; however, women die more often from the disease.



Heart disease drugs

Doctors usually succumb to the unsuccessful drug model put forth by the pharmaceutical industry to treat disease. Treating heart disease is no exception. As doctors have no formal lifestyle or nutritional training, prescribing drugs is the comfortable, familiar scenario to offer their patients.

Taking prescription drugs for heart disease is something that should be thoroughly discussed with one's physician. It is a crucial decision, no matter what course of action is chosen.

The side effects of these drugs are not to be discounted when weighed against embarking on a healthier, inflammation-free lifestyle, including:

1. Muscle pain/weakness/soreness
2. Flu-like symptoms
3. Kidney failure/liver dysfunction
4. Amnesia
5. Polyneuropathy
6. Diastolic dysfunction (stiff heart, heart failure)
7. CoQ10 deficiency

Any long-term medication is simply masking CVD symptoms, avoiding the cause, and taxing the body.



Even more drastic measures

An even more drastic measure than taking prescription drugs for heart disease is undergoing a surgical procedure for CVD or heart valves. The goals of these procedures, including stents and bypasses, are to relieve the symptoms brought on by clogged arteries, not offer a cure. The source of the illness is never examined.

More than half a million bypass surgeries are performed a year, making it the most common surgery for heart disease. The majority of these surgeries are performed on men.

These surgeries are by no means a cure, and results erode over time.

Many recipients of bypass surgery have second and third procedures. Angioplasties have to be done over time due to scar tissue re-blocking the artery, and arteries continue to clog as inflammation remains.

No permanent changes are ever made, so no permanent results are possible.



Can I reverse cardiovascular disease?

I do not believe it is appropriate to use the term “cure” for cardiovascular disease since most cases are brought on by lifestyle choices.

Cure is a medical term, and medicine does not offer any cures. However, everything has a cause. Take away the cause, apply the science of a non-inflammatory lifestyle, and your body will be able to repair itself with a little bit of help. Support tissue regeneration with a healthy lifestyle and the proper nutrients, and in the majority of cases you can become healthy again. If you call that a cure, that's up to you. I prefer to call it living a sensible, healthy lifestyle.

Remember, these conditions are inflammatory in nature and, therefore, will benefit from an anti-inflammatory approach. By hydrating the body with pure, clean water {6-8 x 500 ml (16 oz.) glasses a day} and replenishing it with the proper diet and nutrients and antioxidants in the form of vitamins, minerals, essential fatty acids, healthy carbohydrates, and amino acids, the repair and healing of the body can start to take place.

Nutritional therapy supports healing.

The initial detox can be uncomfortable but only temporarily.

Eating right can minimize the effects.

. . . regenerate with healthy lifestyle and nutrients . . .



The nutrients you need

Studies show the following nutrients will help prevent or control heart disease in most people:

- **SerraEnzyme serrapeptase, nattokinase, and 13 other circulation-supporting nutrients** - Provides a powerful collection of enzymes and nutrients that help reduce inflammation, while promoting healing and internal cleansing.
- **SerraEnzyme serrapeptase, Curcuminx4000, ecklonia cava (Seanol), and vitamin D3 with BlockBuster AllClear™** - Contains a potent combination formula of four key ingredients in one capsule to target dozens of health and age-related issues.
- **Bergamot extract** - Benefits cholesterol balance, heart health, and metabolic wellness when consumed as Super BERGAVIT Bergamot 45% at a high-potency.
- **Ancient Minerals Magnesium OIL ULTRA** - Restores cellular magnesium levels, relieves aches and pains, and supports healthy blood pressure and heart function.
- **Ubiquinol (8 times more effective than CoQ10)** - Supports the heart muscle and heart valves and is essential for all cell energy.
- **Iodine** - Provides critical support for the thyroid, metabolism, and overall heart health. Requires selenium to activate it.
- **Vitamin D3-K2 Spray** - Helps support heart health and reabsorb calcium. Also boosts a protein called MGP that protects blood vessels against calcification.
- **Multivitamins/minerals** - Full-spectrum multivitamin/mineral complex with essential selenium, which you should already be taking.



Additionally, in the case of diseased heart valves, add:

- **D-RibosePlus™** - Backed by research to repair heart valves, with the help of other nutrients.



Why doesn't my doctor tell me I can get better?

The Heart Rehabilitation Program can help you get better! Your doctor is obliged to conform to the drug model that is designed to maintain the monopoly that the pharmaceutical industry, the GMC in the UK and the AMA in the USA, have over all things connected with the health of individuals.

These organizations make profits by caring for sick people and do not have a business model that caters to real healthcare and recovery. They pursue a patented drug model where they can charge exorbitant prices for a lifetime of drugs that, at best, help individuals feel better and, at worst, speed up their death.

These industries are not designed to get anyone healthy, ever!

In the USA, they are shielded by the FDA and in the UK by the MHRA. TGA and Health Canada do the same job in Australia and Canada respectively. The political parties and the most powerful politicians all receive money from these organizations and are responsible for making the laws that perpetuate this disease management monopoly.

When carefully followed, the Heart Rehabilitation Program will show results within 30 days.



The Heart Disease Rehabilitation Plan

Your 10 steps to a healthy future

The following protocol works for any type of cardiac rehabilitation, to some extent.

1



Clearing inflammation, balancing heart health, and promoting healing.

2



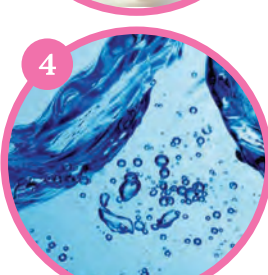
Strengthening your immune system.

3



Taking nutrients missing from food in supplement form.

4



Drinking enough water.

5



Avoiding un-natural/junk foods.

6



Eating real foods.

7



Walking and moving daily.

8



Breathing properly.

9



Stimulating acupressure points.

10



Getting out into the sun as much as possible.



For details of the following suggested formulas, turn to **page 34**.

1. Clearing inflammation, balancing heart health, and promoting healing

Helping Heart Health Support Pack - Essential

- **Blockbuster AllClear™** - Powerful collection of enzymes and nutrients that help reduce inflammation, while promoting healing and internal cleansing. SerraEnzyme serrapeptase, nattokinase, and 13 other circulation-supporting nutrients: 2 x 3 times per day, 30 minutes before eating; drop to 1 x 3 times per day after 1 month.
- **Serranol™** - Contains a potent combination formula of four key ingredients in one capsule to target dozens of health and age-related issues. SerraEnzyme serrapeptase, Curcuminx4000, ecklonia cava (Seanol), and vitamin D3: 1 capsule x 3 times per day with BlockBuster AllClear™.
- **Vitamin D3/K2 Spray** - Boosts a protein called MGP that protects blood vessels against calcification: 3 sprays x 2 times per day.
- **HeartPower45™** - High-Potency Super BERGAVIT Bergamot 45%. Features Bergamot Fruit Extract. May benefit your cholesterol balance, heart health, and metabolic wellness. Supported by clinical trials to improve CVD risk factors. Controls "bad" and increases "good" cholesterol at the same time: Take 1 capsule daily with food. Suitable for vegetarians and vegans.



Click
for more
details

2. Boosting the immune system

Helping Heart Health Support Pack - Ultimate

- **Blockbuster AllClear™** - Powerful collection of enzymes and nutrients that help reduce inflammation, while promoting healing and internal cleansing. SerraEnzyme serrapeptase, nattokinase, and 13 other circulation-supporting nutrients: 2 x 3 times per day, 30 minutes before eating; drop to 1 x 3 times per day after 1 month.
- **Serranol™** - Contains a potent combination formula of four key ingredients in one capsule to target dozens of health and age-related issues. SerraEnzyme serrapeptase, Curcuminx4000, ecklonia cava (Seanol), and vitamin D3: 1 capsule x 3 times per day with BlockBuster AllClear™.
- **Vitamin D3/K2 Spray** - Boosts a protein called MGP that protects blood vessels against calcification: 3 sprays x 2 times per day.
- **HeartPower45™** - High-Potency Super BERGAVIT Bergamot 45%. Features Bergamot Fruit Extract. May benefit your cholesterol balance, heart health, and metabolic wellness. Supported by clinical trials to improve CVD risk factors. Controls "bad" and increases "good" cholesterol at the same time: Take 1 capsule daily with food. Suitable for vegetarians and vegans.
- **Active Life™ Capsules** - Contains essential vitamins, a natural and highly absorbable form of folate, 130 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in the body that are depleted each day: 3 capsules, twice daily.
- **UB8Q10 Ubiquinol (8x more effective than CoQ10)** - Supports the heart muscle and heart valves and is essential for all cell energy: 2 x 2 times per day with food for 1 month (then 1 x 2 forever).
- **Nascent Iodine Drops** - Provides critical support for the thyroid, metabolism, and overall heart health: 5 drops, 3 times per day in 20 ml of water; swish around the mouth for 30 seconds before swallowing. Build over two weeks to 15 x 3 until well and then slowly reduce back to 5 x 3. Take first dose on waking, second mid-morning, and third mid-afternoon. Note that iodine needs a supplement containing selenium to activate it, such as Active Life™.
- **Ancient Magnesium OIL ULTRA** - Restores cellular magnesium levels, relieves aches and pains, and supports healthy blood pressure and heart function. Apply to heart area and main limb muscles daily.



Additionally, in the case of diseased heart valves, add:

- **D-RibosePlus™** - Backed by research to repair heart valves, with the help of other nutrients: 5 teaspoons x 3 times per day with liquid or food.



3. Supplementing missing nutrients

Optional nutrients - but suggested for the first 1 to 2 months at least

Ultimate Immune Support Kit
Suggested Formulation:

1st Line (Thiocyanate) Immune System Support Kit



Click
for more
details

Soil Based Probiotic
Suggested Formulation:

Prescript-Biotics™



Click
for more
details

Vitamin E Mixed Tocotrienols
Suggested Formulation:

Naturally Better Vitamin E



Click
for more
details

Digestive Enzymes
Suggested Formulation:

Essential Digestive Plus™



Click
for more
details

4. Drinking enough water

Drink 6-8 glasses of distilled or RO filtered water per day with a large pinch of bicarbonate of soda (baking soda).



5. Cutting out un-natural, high-sugar foods

Until completely recovered, stop eating all starchy carbohydrates (breads, pastry, cookies, breakfast cereals, potatoes, and pasta), processed foods, and milk products.

Note: Do not eat: potatoes, parsnips, turnips, and rice (except for small amount of wild or brown rice and yams/sweet potatoes).



The Western Junk Food Diet

Other major factors perpetuating cardiovascular disease, besides inflammation of the endothelium and oxidized cholesterol, are the lack of essential nutrients in the diet. These factors, combined with one or several poor lifestyle choices, are part of a heart attack lifestyle.

This lifestyle is comprised of:

- Poor diet
- Smoking
- Excessive alcohol consumption
- Stress
- Metabolic syndrome
- Sedentary living

The “Standard Western Diet” (now better described as the Western Junk Food Diet) is the number one heart attack diet and the diet that is increasingly consumed on a daily basis. This highly inflammatory diet is composed of sugary foods in the form of breads, pastas, cereals, and potatoes.

When combined with unhealthy animal fats (35 percent), the walls of the arteries are damaged from the interaction of sugars and proteins in fats. This typical diet is also lacking in vegetable fiber and other foods that provide the essential nutrients necessary to repair the arterial walls and prevent heart disease.

These missing foods include:

- Vegetables
- Dark-skinned fruits
- Nuts
- Seeds
- Beans



Do not be fooled into thinking low cholesterol levels will save you.

If you're partaking in the heart attack lifestyle, chances are good that you have some form of heart disease.

Special dietary considerations for healing heart disease include consuming whole foods like:

- Any kind of vegetables, focusing on non-starchy vegetables, especially dark leafy greens; yams/sweet potatoes are fine in moderation.
- Legumes; beans, peas, and lentils of all kinds.
- Alternatives to grains and cereals; quinoa, millet, buckwheat, and other seeds.
- Low sugar, dark-skinned fruits like avocados, blueberries, blackberries, black currants, etc.
- Hemp seeds daily.

This anti-inflammatory approach will lead to a healthier cardiovascular system in the majority of cases.



6. Eating Really Healthy Foods

****Include some of the following foods every 2 hours for the first few months:**



Eat 9-14 portions of fresh or frozen veggies daily (in soups, juiced, stir-fried, steamed, etc.); 50 percent raw juiced (use the pulp in soups) and organic if possible. Blended makes for better digestion.



Eat 5 portions of antioxidant-rich, dark-skinned fruits (blueberries, cherries, red grapes, etc.) daily.



Avocados are the all-time superfood with nearly a full spectrum of nutrients. If they are available where you live, make sure you have at least 2 per day for good health recovery. All heart disease issues (as well as cancer and diabetes) are helped by these.



Eat 5 portions of beans, nuts, and seeds (soaked and mashed for the nuts and seeds).



If you want to eat meat, then choose pasture-fed meats or chicken and eat only a small amount weekly. Grass-fed is healthier than grain or corn-fed animals.



If you eat fish, then eat at least 3-4 portions per week of oily fish and vary it by choosing fish such as salmon, sardines, mackerel, etc. Even canned fish is very nutritious, and wild caught fish is best.



Include Hemp, Omega 3, or Krill oil and other healthy oils like Olive oil and Coconut oil.



As healthy alternatives to carbs, consider amaranth, quinoa, buckwheat, chai and millet seeds, and healthy pasta made from pulses and stocked in many good grocery stores. Cous cous can be used, except for those who are allergic to gluten proteins (celiacs, etc.).



Take 3-5 (depending upon your body mass and the heat) teaspoons of Sea or Rock Salt daily in food or a little water. Sea or Rock Salt does not contain the critical mineral iodine, so add Nascent Iodine to your daily dose.



Which vegetables to eat

Note: Not all vegetables listed are available in every country.

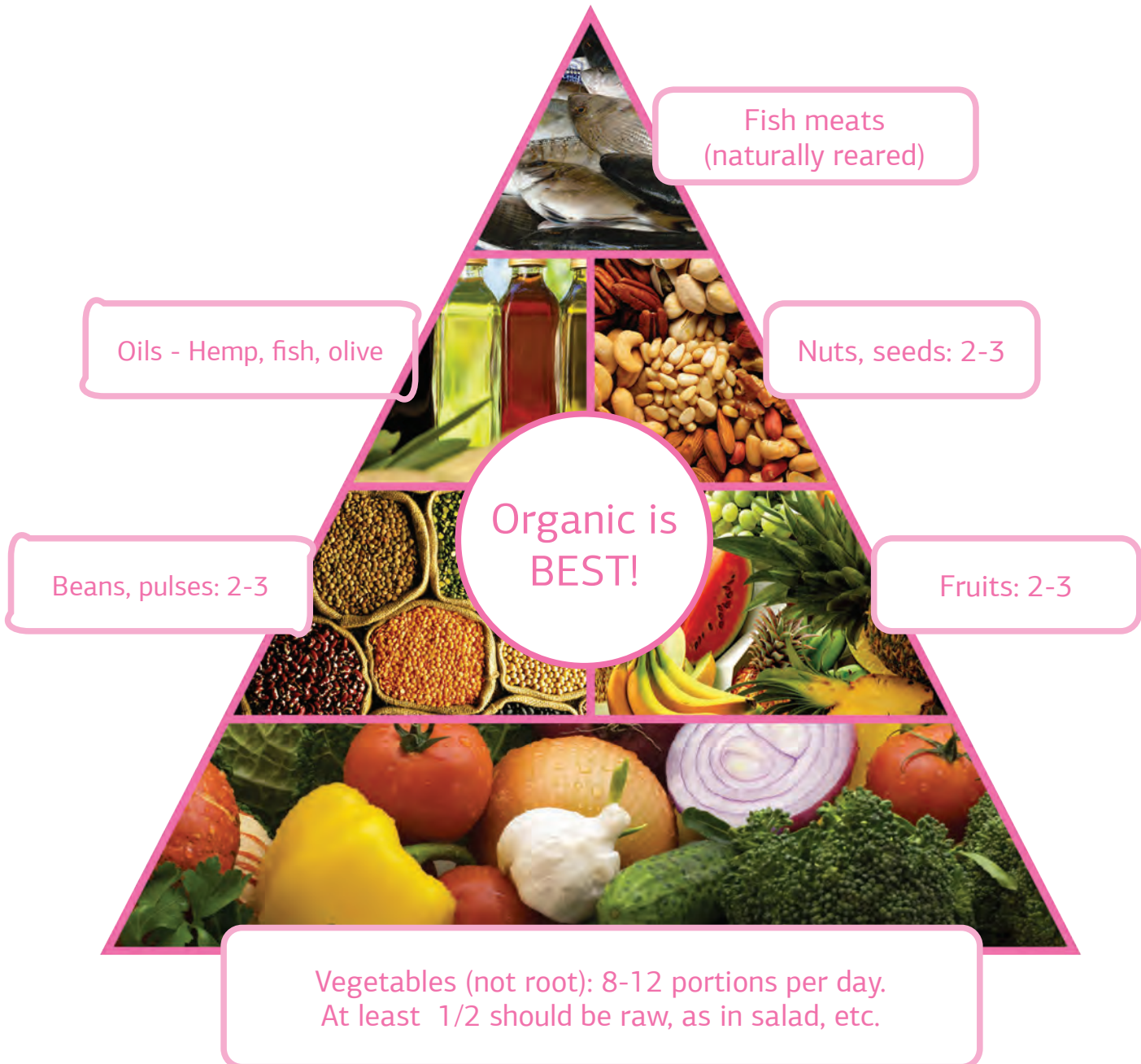
- Artichoke
- Asian vegetable sprouts (wheat, barley, alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad beans
- Broccoli
- Brussels sprouts
- Cabbage (various types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion leaves
- Dried peas
- Eggplant (aubergine)
- Fennel
- Garden peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (kos and various types)
- Mangetout peas
- Mushrooms
- Okra
- Onions (red and white)
- Petit pois peas
- Radishes
- Runner beans
- Seaweed - All types (kelp, wakame, noni, etc.)
- Silver beet
- Spinach
- Squash
- Sugar snap peas
- Zucchini (courgettes)

Which fruits to eat

Note: Not all vegetables listed are available in every country.

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/prune (dried plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal berry
- Satsuma
- Strawberries
- Tangerine
- Western raspberry (Blackcap)

The Garden of Eden Pyramid



7. Walking and moving daily

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.

Use weights or wrist weights as you improve.

If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



Lie down in a comfortable place. On your bed, (if it's firm enough), when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to be starting your walking and building this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g., skipping, star jumps, running on the spot; just about anything, as long as your heart and lungs are working at maximum capacity. By working at maximum rate, your lungs and muscles connected with your heart and lungs will get stronger.



Movement is a vital part of your recovery plan.



8. Breathing properly

It is critical to breathe properly for a healthy body. Oxygen is the prime source of health.

There are two ways to breathe:

1. The first way is an anxious breath in the chest.
2. The second way is a relaxed breath in the diaphragm, or more precisely, in the tummy area.

The first breath in the chest is part of the stress response and involves hormones such as cortisol. This type of breathing should last no longer than it takes to deal with a problem in life and then another hormone kicks in to create relaxed breathing. If this stress type of breathing becomes chronic or habitual, then the cortisol and retained carbon dioxide become part of the problem, and the body's natural healthy systems cannot function properly. It also weakens the immune system and opens you up to infections.

Your goal is to relearn relaxed, healthy breathing, where you clear cortisol and carbon dioxide. Too much carbon dioxide in your bloodstream destroys something called hemoglobin, which is the blood's method of carrying oxygen around the body. So it's critical to be able to breathe in a relaxed way from the diaphragm.

HOW TO BREATHE PROPERLY

The simple way to learn is to lie on your back in a firm bed or on the floor on a blanket or mat. Put a bit of weight over your belly button, such as a heavy book. Take a breath into your nose so that the book rises as you fill your diaphragm (tummy) with air. Hold the breath in your tummy for the count of 4 and then breathe out through your nose and feel your tummy deflating. Let go of any tension you may have with the out-breath. Then repeat. Your upper chest should not move at all, which shows you are relaxed and not stress breathing.

Practice over and over again while lying down, and once you have really got the long, slow rhythm of relaxed breathing, then try it standing up. You may feel dizzy to begin with getting all this fresh oxygen, but you must practise this every spare minute you have. [You can access more resources on breathing lessons at GoodHealthHelpDesk.com.](http://GoodHealthHelpDesk.com)



Meditation to reduce stress

Research supports meditation as a stress-reduction technique to benefit the health of the heart. One study that tracked 200 patients over five years showed that those who practiced meditation greatly reduced their risk of heart attack, stroke, and death by close to 50 percent compared to patients who didn't meditate.

The group of patients that meditated also had benefits like:

- Remaining disease-free for a longer period of time.
- Reduced blood pressure.
- Lower levels of stress.

Why is meditation so beneficial for a healthy heart? Regular meditation can help to alleviate stress. As a result, this will lower levels of the stress hormone cortisol and calm inflammatory processes in the body that can lead to hardened arteries and atherosclerosis.

Recommendations: Calm your mind with meditation using a guided meditation CD or sitting in silence for just 5 minutes a day. Increase your meditation sessions over time.

As research confirms, stress reduction can work wonders to boost the health of the heart.



Source:

Medical College of Wisconsin study presented at the annual American Heart Association meeting, 2009.



The health of your heart may also depend on a mind-body connection, in cooperation with a healthy, non-inflammatory lifestyle. Consider holistic activities like:

Yoga

Yoga can improve flexibility, mindfulness, mood, and sleep. Yoga can also improve heart rate variability, an indicator of a healthy heart. One Ohio State University study showed that women that regularly practiced yoga had lower cytokine interleukin-6 (IL-6) levels, which contribute to the inflammatory response in the body and have been linked with heart disease, stroke, arthritis, type 2 diabetes, and a number of other chronic diseases.

Recommendations: Try 20 minutes of yoga, 3 days a week to support heart health.

Pilates

Pilates is known to improve flexibility, posture, and core strength to remedy lower back pain. It can also support heart fitness. According to the American College of Sports Medicine, intermediate Pilates is equivalent to walking at 4-4.5 mph on a treadmill; advanced Pilates is equivalent to a moderate-high intensity workout. All Pilates practices will improve circulation.

Recommendations: Try a 10 to 20 minute Pilates workout, 3 days a week to support heart health.



Tai Chi

Tai Chi is a form of moving meditation that uses mental concentration and controlled motion to challenge the body. Tai Chi also provides health benefits to reduce blood pressure and stress and boost the health of the heart. A *BMC Complementary and Alternative Medicine* review confirms that Tai Chi can decrease anxiety, depression, and stress, while improving self-esteem.

Recommendations: Try one or more Tai Chi classes a week under the guidance of an instructor to support heart health.

Practicing at least one of these mind-body techniques can greatly contribute to the health of your heart and serve as a vital component in your Heart Rehabilitation Program.

Stress reduction and heart health go hand-in-hand!

Sources:

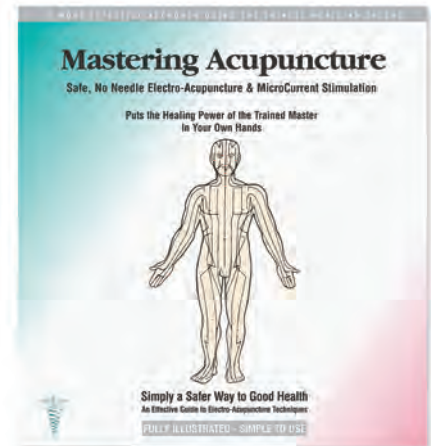
Kiecolt-Glaser JK, Christian L, Preston H, et al. Stress, inflammation, and yoga practice. *Psychosom Med*. 2010;72(2):113–121. doi:10.1097/PSY.0b013e3181cb937.

Research presented at the American College of Sports Medicine (ACSM) Health & Fitness Summit & Exposition, 2005.

Chenchen Wang, Raveendhara Bannuru, Judith Ramel, Bruce Kupelnick, Tammy Scott and Christopher H Schmid. Tai Chi on psychological well-being: systematic review and meta-analysis. *BMC Complementary and Alternative Medicine*, 2010.

9. Stimulating the acupressure points

Another part of your recovery plan is to stimulate acupressure points connected to the heart regulatory system. There are various points that you can massage gently with your finger or stimulate with an electronic stimulator that mimics the action of acupuncture. The recommended device is **HealthPoint™**, and you can read more about this on [page 43](#).



10. Getting out into the sun as much as possible

A critical vitamin for a healthy body is vitamin D3. There is a large dose of this in the important supplements I recommend on [page 35](#) and [page 36](#), but it is still essential to still get some vitamin D from the sun.

The sun is the bringer of all life, and a silly myth has developed that the sun is our enemy and we should keep out of it, or worse still, put some toxic chemicals all over us so we can go out in it.

I am not saying that we can go out on a really hot sunny day and lie in the sun for 6 hours for the first time. We are supposed to build the skin's tolerance to the sun over many weeks in the spring to stimulate protection from it, so that by the time the hot summer sun comes along we can tolerate much more.

Recommendations:

- A. Get as much skin exposed to the sun as you can every day, e.g., on your daily walk.
- B. Build up slowly from the spring to summer time.
- C. Try not to stay out in the middle of the day without covering up, and cover up rather than use a barrier cream.
- D. If you do use a sun cream, get an organic one rather than chemical ones with well-known names.
- E. Remember, the sun is your friend, and as with friends, try not to get too much in one go!



More about clearing inflammation, balancing heart health, and promoting healing

Blockbuster AllClear™

Blockbuster AllClear™ gives powerful support for the cardiovascular system. This includes support for healthy arteries, blood pressure, and the circulatory system.

Enzyme Formula in Delayed Release Capsules & 80,000iu Serrapeptase Per Serving

Blockbuster AllClear™ is a powerful collection of enzymes and supporting nutrients aimed at reducing inflammation and promoting healing and internal cleansing. The ingredients have numerous testimonials in relation to blood pressure reduction, arterial cleansing, and lung support, to name just a few of their daily benefits

Ingredients:

Serrapeptase - 80,000 IU
 Nattokinase* - 1600 FU
 Protease - 20,000 HUT
 Lipase - 1500 FIP
 Amylase - 4000 DU
 Cellulase - 600 CU
 Lactase - 1000 ALU
 Acerola extract - 50 mg
 Amla extract - 50 mg
 Olive Leaf Citrus Blend - 230 mg
 Trace Minerals (Coral Calcium) - 100 mg
 Bacillus Coagulans - 376,000,000 CFU
 Protease S - 5 mg
 Grapeseed extract - 100 mg
 Policosanol - 6 mg
 Pycnogenol® - 10 mg

Dosage:

Take 2 x 3 times per day, 30 minutes before eating. Drop to 1 x 3 times per day after 1 month.



Serranol™

Super Nutrient Serranol™ offers professional strength support for healthy joints, cells, heart, blood flow, circulation, and cholesterol with ingredients like:

Serrapeptidase (technically Serriatia Peptidase) is a multi-functional proteolytic enzyme that dissolves non-living tissues, such as scarring, fibrin, plaque, blood clots, cysts, and inflammation in all forms – without harming living tissue. Serrapeptidase helps promote better wellbeing for your inflammatory system and supports your whole body, not only the lungs but also arteries, digestive tract, colon, joints, and anywhere blockages/inflammation needs resolving.

Curcumin (CurcuminX4000) is one of the best natural anti-inflammatory herbs to stimulate glutathione to protect cells and tissue from inflammation and help modulate the immune system. Curcumin has also been studied for its anti-bacterial, anti-viral, and anti-fungal properties.

Ecklonia cava (Seanol®) - For centuries, people throughout Asia have consumed ecklonia cava extract, a species of edible brown algae. Harvested from the coastal waters off Japan, Korea, and China, all studies indicate ECE offers outstanding health benefits.

Vitamin D3 is critical to keep your immune system strong. The cells that make up the immune system contain vitamin D3 receptors. If there is an insufficient amount of vitamin D3 present to bind receptors, immune cells become weak and cannot protect the body from infections. Vitamin D3 deficiency is increasingly common in people of all ages because we spend less time outdoors in the sun, but this vital vitamin cannot be stored in the body. So replenishment through daily supplementation is vital to immune health.

Ingredients:

SerraEnzyme Serrapeptase® 160,000iu
CurcuminX4000 250mg
Ecklonia Cava Extract (Seanol®) 50mg
Vitamin D3 1000iu

Dosage:

Take 1 capsule x 3 times per day. Take 30 minutes before or 2 hours after food.



Vitamin D3/Vitamin K2 Spray™

Vitamin D3/Vitamin K2 Spray™ for protecting your heart against cardiovascular disease. Vitamin D3/K2 boosts a protein called MGP, which protects blood vessels against calcification.

Ingredients:

Vitamin D3 – 1000IU
Vitamin K2 MK7 – 100mcg

Dosage:

Take 5 sprays per day, orally or sprayed onto food.



HeartPower45™

HeartPower45™ contains High-Potency Super BERGAVIT Bergamot 45% from Bergamot Fruit Extract. May support healthy heart function and metabolic wellness. Supported by clinical trials to improve CVD risk factors.

While we all need cholesterol to function, these natural flavonoids are anti-inflammatory agents that play an important role in reducing extra-high LDL, or "bad" cholesterol levels, while increasing HDL, or "good" cholesterol levels, associated with a decreased risk of heart disease.

Ingredients: Amount per Serving

BERGAVIT (R) Bergamot 500mg
Fruit Extract (*Citrus aurantium bergamia*)
[standardized to 45% flavonoids (neohesperidin, naringin, neohesperidin)] (beta-sitosterol, campesterol, stigmasterol)

Other Ingredients

Vegetable cellulose (capsule), Medium chain triglycerides

Dosage:

Take 1 capsule per day with food.

In one study, 80 participants were treated with 150 mg of pure bergamot flavonoids a day for six months, equivalent to 550 to 600 mg of the Bergavit™ ingredient. The results of these studies showed that Super BERGAVIT Bergamot 45% may protect the health of the heart because of its impact on cholesterol. Study participants with the highest "bad" cholesterol saw the greatest reduction when taking Bergavit™.

Bergamot flavonoids are also known as exceptional metabolic regulators, with the potential to fight metabolic syndrome.

Source:

"Clinical evaluation of Bergavit™ effect."
BioNap, 2019.



More about strengthening immunity

Active Life™

Active Life™ Capsules have been formulated with only your wellbeing in mind. Just as the name suggests, Active Life™ Capsules can help to support a busy modern life where stress, high demands, and a poor diet are often a reality. Active Life™ Capsules are a complete all-in-one nutritional supplement to complement any Active Life™ style, offering an all-natural source of 130 vitamins, minerals, and other nutrients.

Ingredients Amount per Serving

Vitamin A (Palmitate/10% Beta-Carotene)	5000IU
Vitamin C	500mg
Calcium (from Calcium Citrate)	120mg
Vitamin D3 (from Cholecalciferol)	400IU
Vitamin E	400IU
Vitamin K2 (K2 - Menaquinone)	80mcg
Vitamin B1 (Thiamin)	10mg
Vitamin B2 (Riboflavin)	10mg
Niacin - Vitamin B3 (from Niacinamide)	80 mg
Vitamin B6 (Pyridoxine Hydrochloride)	10mg
Folate	800mcg
Vitamin B12 (Methylcobalamin)	100mcg
Biotin	300mcg
Vitamin B5 (from Pantothenic Acid)	20mg
Iodine (from Potassium Iodide)	150mcg
Zinc (from L-OptiZinc®)	25mg
Selenium (from Selenomethionine)	200mg
Copper (from Copper Gluconate)	2mg
Manganese (from Manganese Gluconate)	4mg
Chromium (from Chromium Polynicotinate)	120mcg
Molybdenum (from Molybdenum Citrate)	75mcg
Chloride (from Fulvic Trace Minerals)	16mcg
Potassium (from Potassium Malate)	216mg
Boron (from Boron Citrate)	1mg
Strontium (from strontium Citrate)	1mg
Aloe Vera Powder (200:1)	2mg
Bilberry Extract 5:1	300mg
Choline Bitartrate	25mg
Inositol	40mcg
Fulvic Trace Minerals	200mg
Lutein (from the Marigold flower - ZanMax®)	20mg
Zeaxanthin (from the Marigold flower)	4mg
L-Cysteine	10mg
L-Glycine	10mg
L-L-Taurine	400mg



Dosage:

Adults and children over age 12 - Take up to 3 capsules twice per day after meal. Children under age 12 - Take 1-2 capsules per day or as directed by a healthcare professional.



UB8Q10 - Ubiquinol

UB8Q10™ Ubiquinol - A beneficial vitamin-like enzyme, Coenzyme Q10 is a powerhouse enhancer and antioxidant for the body. Ubiquinol is eight times more effective than CoQ10. Ubiquinol supports the heart muscles and heart valves and is essential for cell energy.



Ingredients:

Ubiquinol CoQH - 100mg

Dosage:

Take 2 capsules 1 time a day for 1 month. Then take 1 capsule 2 times a day forever.

Nascent Iodine

Nascent Iodine is totally different from the typical iodine in its denser state sold as an antiseptic, as iodine tri-chloride (claiming to be atomized), or as added to potassium iodide to make it soluble in liquid. Nascent Iodine is a consumable iodine in its atomic form rather than its molecular form. It can provide benefits in thyroid and immune support, detoxification, metabolism, improved energy, and more.

Nascent Iodine requires selenium to activate it. When consumed, iodine plays an integral role in the detoxification process and provides a huge release of energy.



Ingredients:

Iodine - 350 mcg

Dosage:

Take 1-3 drops x 2 times per day in 20 ml of water; swish around the mouth for 30 seconds before swallowing.

Ancient Magnesium Oil ULTRA

Ancient Minerals Magnesium Oil ULTRA is a next-generation formula incorporating the unique synergistic benefits of MSM and magnesium. Ancient Minerals Magnesium Oil ULTRA offers improved uptake of magnesium ions and enhanced cell membrane permeability; it can be used for pain management, joint mobility, and calming inflammation.



Ingredients:

1.6g elemental magnesium per fl oz.
3.6g of MSM (OptiMSM®) per fl oz.

Dosage:

Take approximately 3-4 mg per pound of body weight. Apply to heart area and main limb muscles daily. 100 mg of elemental magnesium per 1 ml is 6 sprays.

Additionally, take this if you have diseased valves or angina:

D-Ribose Plus

D-Ribose Plus is a critical part of ATP production; it's essential for cellular regeneration and cellular energy and can be deficient for many reasons.



Ingredients:

Magnesium (from Magnesium Malate) – 60mg
D-Ribose Powder – 5000mg
Malic Acid – 240mg

Dosage:

Take 5 teaspoons 2 times a day with liquid or food. Studies have shown that when taken with other nutrients, it can support the body in repairing the heart valves and muscle.



More about optional/missing nutrients

1st Line (Thiocyanate) Immune System Support Kit

1st Line is a new, all-natural product to fight against many types of infections, including viruses. It is a patented formula by a British Chemist containing Thiocyanate Ions. When added to water, 1st Line provides a drink that forms the same molecules that make up our body's first line of defense against all types of bacteria, yeast, fungi, flu, germs, and viruses. 1st Line offers the aggressive attack to these unwanted infections without doing harm to healthy bacteria in the body, a common side-effect when using antibiotic drugs. 1st line is safe and easy to use.



Ingredients:

Sodium Thiocyanate 100ppm
Sodium Hypothiocyanate 60ppm

Dosage:

Take 1, unless you have a weak immune system; then take more, 1 day apart, as finances allow, up to a maximum of 7 times over 7 days.

Prescript-Biotics™

Prescript-Biotics™ “Bio-Identical” SBO Probiotics Consortia™ is a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good guys and bad guys among your gut bacteria. “Bio-Identical” SBO Probiotics Consortia™ means life-giving and identical; Prescript Probiotics' soil-based bacteria are nearly the same as the life-force bacteria naturally found in your gut.

Ingredients:

Bifidobacterium Bjlidum, B. Lichenformis, L.Acidophilus, L. Lactis, L. Casei, B. Subtilis, L. Rhamnosus, and L. Plantarum, a superior formula of SBOs (Soil Born Organisms), symbolically blended in a proprietary nutrient-rich host medium of Humic & Fulvic Acids. (Naturally dehydrated and encapsulated in its nutrient-rich food source for long-lasting efficacy.) Other Ingredients: Hypromellose (Veggie Cap).

Pure & Natural:

No Dairy, No Salt, No Artificial Color, No Flavoring, No Sugar, No Preservatives and No Fillers have been added to this product.

Dosage:

Take 1 capsule 1 time per day.



Naturally Better Vitamin E

Naturally Better Vitamin E offers a self-emulsifying delivery system that provides a consistent oral absorption of tocotrienols. It can provide support for hair growth, Alzheimer's disease, stroke-induced injuries, non-alcoholic fatty liver disease, cardio-protection, cholesterol reduction, immune function, and especially cystic fibrosis.

Ingredients:

Total d-Mixed-Tocotrienols and Tocopherols (Tocomin*) 20.00 mg
Vitamin E Activity, IU 8.06 IU
Plant Squalene 4.92 mg

Dosage:

Take 1 capsule 1 time per day.



Essential Digestive Plus™ - The Need for Digestive Enzymes

The digestive system is a truly integrated system – the function of one aspect usually affects the other. Because of this interrelationship among the components of the digestive system, it is often difficult to determine the exact cause of any digestive disturbance. However, using the proper digestive enzymes can eliminate most of the problems.

Incomplete digestion and yeast can be the main contributors to the development of many diseases. Ingesting foods and nutritional supplements are of little benefit if their breakdown and assimilation are inadequate, but supplementing with enzymes helps allow for better absorption.

Proper small intestine absorption requires effective digestive enzymes like **Essential Digestive Plus™**, coupled with fully-functional absorptive surfaces. Improving small intestine function includes addressing the underlying issues that cause the discomfort and disease. Digestive enzymes can help bring relief to food intolerance and allergies and provide support when the body is suffering from a lack of enzymes, low immune status, and too much sugar in the diet.

Ingredients:

Total Carbohydrate - <1 g

Enzyme Blend - 608 mg

Protease 4.5 (170,000 HUT), Amylase (16,000 DU),
Pectinase (110 endo-PGU), Peptidase (250 DPP-IV),
Alpha-galactosidase (600 GalU), Glucoamylase (40
AGU), Invertase (3,206 SU), Protease 3.0 (50 SAPU),
Lactase (2,000 ALU), Lipase (2,700 FIP), Cellulase
(1,200 CU)

Total Carbohydrate - 200 mg

Dosage:

Take 1 or 2 capsules before each meal, or as directed by a healthcare professional.

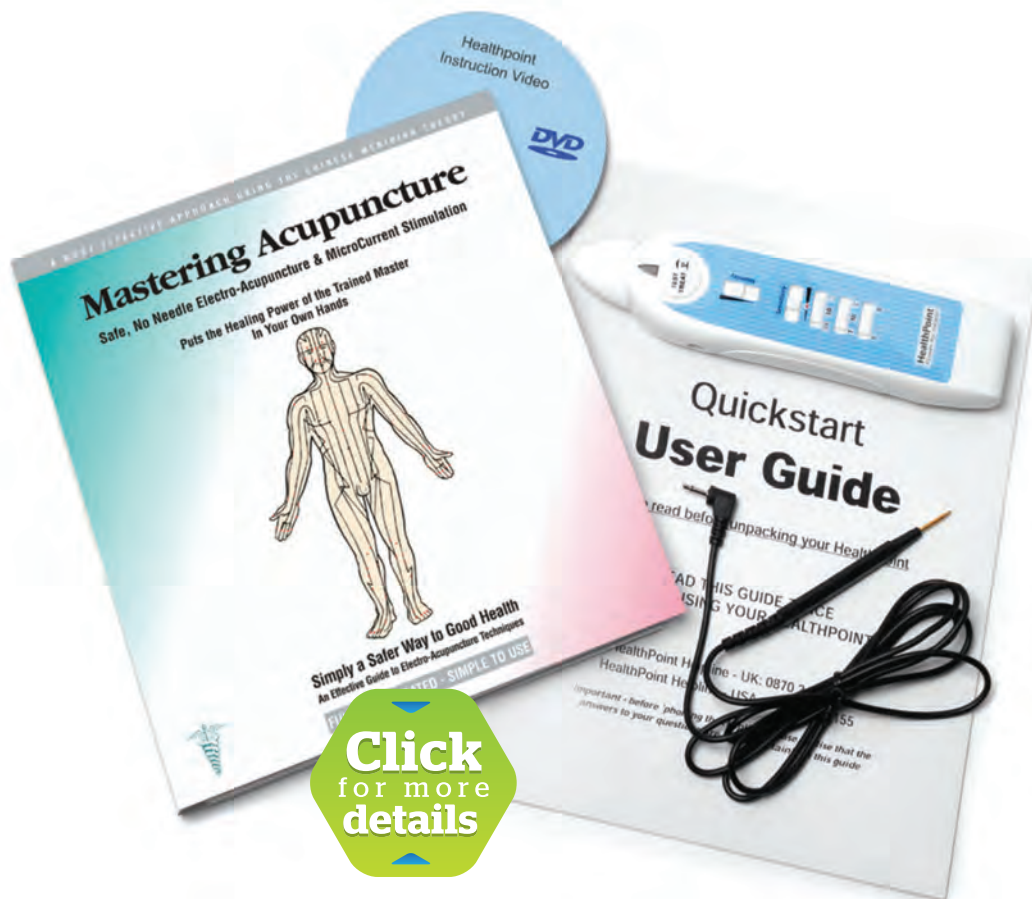


More about acupressure

Stimulating the angina and palpitation points on pages 3.1 to 3.5 of the book *Mastering Acupuncture* will help to balance the heart/circulatory system. These points can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. The advantage of the kit is it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

HealthPoint™ is easy to use, painless, and effective. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. **HealthPoint™** breakthrough technology was developed by leading pain control specialist Dr. Julian Kenyon, MD, 25 years ago, and today features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points for cardiac rehabilitation.



In conclusion:

The Heart Rehabilitation Program is a complete program, one designed to address all aspects of what is required to prevent or control your cardiovascular disease (CVD).

CVD is essentially a lifestyle disease, meaning if the lifestyle is changed, there is every likelihood of some recovery. With the changes in this 10 Step Plan put into effect, the body is perfectly capable of healing and recovering good health.

Drugs don't make you healthy.

Drugs do not work in that they do not make you healthy. At best, drugs will help you feel better; at worst, they will speed up degeneration and contribute to premature death.

The pharmaceutical business would prefer you continue your present, ineffective treatment plan, only utilizing toxic pills in the form of immune-suppressing drugs and avoiding the true path to prevention and healing.

You are now learning there is a better way.

The Heart Rehabilitation Program is structured for those patients struggling to prevent or control their CVD, even after other medical treatments have failed:

- A program that can help you learn how to love your health and improve your quality of life. The Heart Rehabilitation Program includes treatment in the form of exercise, education, and coaching.
- A personalized program that incorporates therapy and support, assisting the person in achieving the maximum results possible.

The Heart Rehabilitation Program is detailed within this book and, when carefully followed, will show results 30 days.

You will always end up healthier with this plan.

The worst thing that can happen with this plan is that you will get healthier but still need to take drugs if they or the disease have damaged you to the extent that you are reliant on them.

Take it all slowly and step by step.

Unless you are already used to making changes in your life, you will find adopting these habits of healthy living can be difficult to sustain. Persist. Because...

Make no mistake...Your life is worth it.

Robert Redfern, Your Health Coach

Email Robert@goodhealth.nu

www.MyGoodHealthClub.com for step by step coaching and support.

Sample Daily Cardiovascular Disease Rehabilitation Plan

	Time	Action	Amount
OPTIONAL ITEMS	Anytime in the day on an empty stomach	Take 1st Line Immune Support. Mix as per instructions.	Take 1, unless you have a weak immune system; then take more, 1 day apart, as finances allow, up to a maximum of 7 times over 7 days
	With any meal	Take Prescript-Biotics™	1 capsule a day with food
	With any meal	Take Vitamin E Mixed Tocopherols	1 capsule daily
	Before any cooked meal	Take Essential Digestive Enzymes	1 capsule 2 times a day
	With liquid or food	Take D-Ribose Plus	Take 5 teaspoons, 2 times a day
BREAKFAST	30 minutes before shower	Take Ancient Magnesium Oil ULTRA	Apply 20 sprays to heart area and main limb muscles daily
	30 minutes before breakfast	Take BlockBuster AllClear™	2 capsules
	30 minutes before breakfast	Take Serranol™	1 capsule
	30 minutes before breakfast	Take Nascent Iodine	1-3 drops in half ounce of water
	Before breakfast	Take Vitamin D3/K2 Spray	5 sprays under the tongue
	After breakfast	Take ActiveLife™ Capsules	3 capsules
LUNCH	30 minutes before lunch	Take BlockBuster AllClear™	2 capsules
	30 minutes before lunch	Take Serranol™	1 capsule
	With lunch	Take UB8Q10 Ubiquinol	2 softgels
EVENING MEAL	30 minutes before evening meal	Take BlockBuster AllClear™	2 capsules
	30 minutes before evening meal	Take Serranol™	1 capsule
	With evening meal	HeartPower45™	1 capsule
	After evening meal	Take Active Life™ Capsules	3 capsules
	Before Bedtime	Take Ancient Magnesium Oil ULTRA	Apply 20 sprays to heart area and main limb muscles daily



**All of the products you see in this book
can be obtained from the following links:**

Good Health Naturally UK (and Europe)

www.goodhealthnaturally.com

Tel: 03337 777 333

(Open Mon-Fri 9am-5pm)

Good Health USA

www.goodhealthusa.com

Tel: 1800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

Good Health Canada

www.goodhealthcanada.com

Tel: 1 800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

Good Health Australia

www.goodhealthoz.com

Tel: + 61 (0)7-3088-3201

From 9am to 5pm AEST

Good Health India

www.goodhealthnaturally.in

Tel: +91 9640428251

From 10am-6pm IST

All the books in this series:

Curcumin: Nature's Miracle Spice
 Helping Acne, Eczema and Psoriasis, By The Book
 Helping Alzheimer's, By The Book
 Helping Arthritis, By The Book
 Helping Arterial-Vascular Disease, By The Book
 Helping Asbestosis, By The Book
 Helping Bronchiectasis, By The Book
 Helping Bronchitis, By The Book
 Helping Cancer, By The Book
 Helping Candida, By The Book
 Helping Chronic Cough, By The Book
 Helping COPD, By The Book
 Helping Cystic Fibrosis, By The Book
 Helping Diabetes Type 2, By The Book
 Helping Emphysema, By The Book
 Helping Endometriosis & Fibroids, By The Book
 Helping Eye Disease, By The Book
 Helping Fertility, By The Book
 Helping Fibromyalgia & Chronic Fatigue, By The Book
 Helping Fibrosis, By The Book
 Helping Heart Disease, By The Book
 Helping High Blood Pressure, By The Book
 Helping Kidney Health, By The Book
 Helping Lung Health, By The Book
 Helping Lupus, By The Book
 Helping Men's Health, By The Book
 Helping Multiple Sclerosis, By The Book
 Helping Osteoporosis, By The Book
 Helping Pneumoconiosis, By The Book
 Helping Pulmonary Tuberculosis, By The Book

Helping Rheumatoid & Juvenile Arthritis, By The Book
 Helping Stroke, By The Book
 One Missing Mineral Can Transform Your Health: Iodine
 The HealthPoint™ Facelift: The Anti-Aging Secret
 The Magnesium Manual (The Forgotten Mineral)
 The Secret To Good Gut Health

Other Books by Robert Redfern:

The 'Miracle Enzyme' Is Serrapeptase

Turning A Blind Eye

Mastering Acupuncture

EquiHealth Equine Acupressure



[illegible]

My Good Health Club

Robert Redfern - Your Personal Health Coach

www.MyGoodHealthClub.com



Robert Redfern is passionate about providing you with the right tools and information to help you become an expert in natural health so that you and your family can achieve great health. This book brings Robert's research and work on heart health into an easy-to-follow Heart Disease Rehabilitation Plan that everyone can use for improved health.

To help you further, Naturally Healthy Publications has built a website for dedicated Good Health Coaching based on Robert's books.

Visit www.MyGoodHealthClub.com today for more support for health problems related to:

- Prostate
- Liver
- Kidney
- Digestive Problems
- Colitis
- Crohn's Disease
- IBS
- Gallbladder
- Constipation
- Thyroid
- Heart and Lungs

Hi Robert:

Many thanks for the valuable advice that you give to your subscribers, of which I am one. For your reference, I had a massive heart attack just over 7 years ago at the age of 64 at which time just under 30% of my heart muscle was lost. For six years I was taking 40mg/day of Lipitor until I discovered through my belated research, the dangerous potential side effects of this statin drug. I also discovered (thanks to your good advice) that by changing my eating habits, losing excess weight and doing regular exercise, I would be able to progressively distance myself from taking this particular drug. I have now been off Lipitor completely for seven months and just recently received the results of a full comprehensive blood test. These results "stunned" my doctor and of course gave me a great feeling of personal satisfaction and relief I have also found that by cutting out grains and processed foods and by reducing my sugar intake, has greatly assisted me in maintaining my health.

Best regards, Paul, AUSTRALIA

