



Healing the Heart

Your heart is miraculous. It started to beat before you were born and will continue to beat about once a second throughout your life. Each contraction sends life-giving blood throughout your body, supplying oxygen and nutrients to every cell. Your heart is more than a simple pump, it is intimately connected with your nervous and glandular system, responding dynamically to your environment, emotional moods, and your thoughts.

The heart is so intimately connected with life, that for most of human history death was defined by the cessation of the heart beat. And, because problems with the heart are still the leading cause of death in Western society, it's important to care for the health of your heart.

The most common heart problem is coronary artery disease, caused by plaque forming on the artery walls, inhibiting blood flow to the heart muscle. This also increases the risk of cardiac arrest (heart attack), where a blood clot or other obstruction lodges in one of the arteries supplying the heart with blood.

In addition to these common problems, the heart can suffer from diseases that affect its function. These include problems with the heart beat, like tachycardia (rapid heart beat), and arrhythmia (irregular heart beat) fibrillation, and palpitations; and heart valve problems like cardiomyopathy, and congestive heart failure. In this *Sunshine Sharing* we'll explore natural ways to keep your heart healthy and how to help prevent these heart problems and help heal your heart.

Basic Remedies for Heart Problems

When it comes to taking care of your heart, there are several important steps you can take to prevent heart disease and heal from it using diet and lifestyle changes.

Eat Whole Foods and Avoid Refined Foods

Despite decades of research to the contrary, the myth that cholesterol and fat are primary causes of heart disease still persists. Research now suggests that high insulin levels are a bigger risk factor for heart disease than high cholesterol or high triglycerides. This is because cholesterol won't stick to the arteries until they become damaged and inflamed and high blood sugar is one of the main causes of this inflammation.



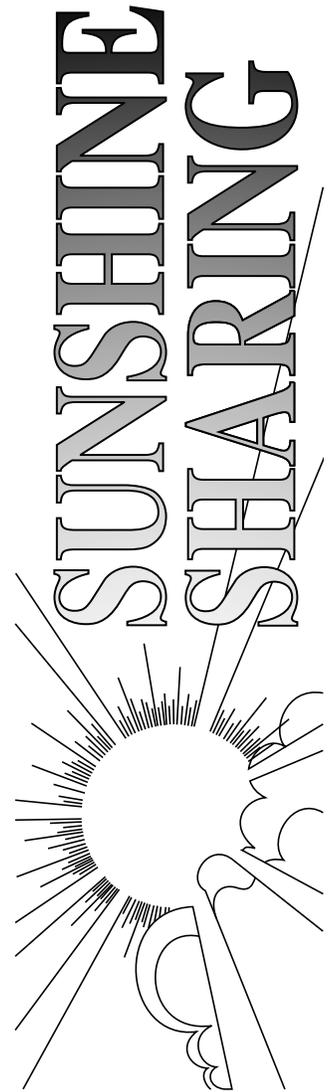
So, to reduce arterial inflammation, avoid refined carbohydrates, such as table sugar, high fructose corn syrup, and white flour. Replace these foods with fresh fruits and vegetables which, contain vitamins and antioxidants that reduce arterial inflammation and your risk of heart disease.

Also avoid processed vegetable oils as their high omega-6 fatty acid and transfat content also increases inflammation. This is particularly true for hydrogenated vegetable oils, margarine and shortening. The best oils to use are extra virgin olive oil, coconut or palm oil for cooking, and the natural oils found in whole foods like fish, nuts, avocados, and organic animal foods.

Reduce Inflammation

To further reduce arterial inflammation and reduce your risk of heart disease, make sure you have adequate intake of the fat-soluble vitamins, A, E, D3, and K2, as well as vitamin C and niacin.

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Your guide to better health the natural way.

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Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Also consider increasing your intake of omega-3 essential fatty acids with an omega-3 or fish oil supplement or eating foods high in omega-3 fatty acids like deep ocean fish.

Regularly taking an **Antioxidant Formula** or **Cardiovascular Antioxidant Formula** can help reduce inflammation. They should contain ingredients like turmeric, mangosteen, green tea extract, grape seed extract, bergamot orange extract, and olive leaf. It can also be helpful to take Co-Q10, discussed in detail on page four.

Get Physically Active

Regular exercise is very important for preventing heart disease. It increases blood flow to the heart and strengthens the heart so that it pumps more blood with less effort. It also helps burn fat—a big gain if you consider that one pound of fatty tissue contains one mile of capillaries that the heart has to pump blood through. Exercise can also reduce your chances of developing other conditions that may put strain on your heart, such as high blood pressure and diabetes.

Manage Stress and Anger

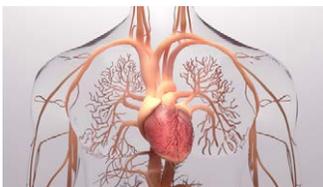
Stress is harmful to the heart as it increases heart rate and can contribute to high blood pressure, arrhythmia, and palpitations. Doing things to reduce stress such as praying, meditating, deep breathing or taking adaptogens like ginseng, astragalus, and eleuthero root can lower your heart rate and reduce your blood pressure, reducing your risk of heart disease.

Furthermore, excessive anger damages the heart. It is well documented that angry people are more prone to heart disease. If you have a problem with your temper, learn how to manage your anger and develop closer relationships. Try using an **Anger-Reducing Flower Essence Blend** to reduce angry feelings. Also, having loving relationships reduces your risk of heart disease.

Don't Smoke or Vape

Tobacco use is a big risk factor for coronary heart disease. Smoke contains many chemicals that damage and inflame the artery walls increasing plaque formation. The nicotine in it constricts blood vessels, increasing blood pressure and forcing the heart to work harder. So vaping nicotine will adversely affect the heart and circulation, even though it avoids the chemicals in the smoke. Your risk of heart disease drops dramatically within one year of quitting.

Heart Diseases and Natural Remedies



There are several major diseases of the heart that you should know about. Most of the natural remedies for these problems are gentle, nutritional remedies you can try without professional help.

However, there are a few professional botanicals that are potentially toxic and will require professional assistance both to obtain and use correctly.

Since diseases of the heart are serious and potentially life-threatening, work with appropriate health professionals with all these conditions. If you are on medications, be sure to observe any precautions about potential herb-drug interactions.

Coronary Artery Disease

As mentioned previously, the most common heart problem is coronary artery disease (CAD) which is caused by plaque buildup in the arteries of the heart. This causes a narrowing of the blood vessels supplying oxygen and nutrients to the heart. CAD increases your risk of a heart attack, but it can also cause angina, pain in the chest, as well as shortness of breath, discomfort in the upper body, dizziness, and light-headedness.

The CDC estimates that about 18.2 million adults, or 6.7% of the U.S. adult population age 20 or older, have coronary artery disease. Natural remedies, including appropriate lifestyle changes, are best employed to prevent coronary artery disease, but these remedies and life changes may also be able to partially reverse this problem after it has started.

All of the basic remedies previously mentioned are helpful for preventing CAD. In addition, herbs like hawthorn, garlic, capsicum, ginger, and cinnamon, can also be helpful in both preventing and reversing CAD. An **Oral Chelation Formula** that contains high doses of vitamins, Co-Q10, and other nutrients for heart health has also helped people suffering from CAD to improve blood flow and overall health.



Cardiac Arrest

A heart attack (cardiac arrest) is caused by an acute episode of insufficient blood supply to the heart muscle often resulting in damage to the heart and sometimes death. This lack of blood supply to the heart is triggered by a blood clot or dislodged plaque that blocks blood flow to an area of the heart depriving it of necessary oxygen and nutrients.

According to the CDC someone has a heart attack every 40 seconds in the United States. This is about 800,000 Americans each year. About one in five episodes of cardiac arrest are silent, meaning the person is unaware they had a blockage.

Following the general suggestions previously listed and using some of the supplements recommended under coronary artery disease (CAD) can reduce your risk of having a heart attack. If a heart attack occurs, prompt medical treatment is essential. However, while waiting for medical assistance there are remedies that can improve the chances of survival.

One of these is capsicum. Either use a capsicum extract or put capsicum powder directly into the mouth. One capsule or 20-30 drops of the tincture should be administered every 3-5 minutes. You can add 5-10 drops of a lobelia extract or about 1/4 of a capsule with the capsicum.

Another remedy that can be helpful is vitamin E. Again, it's best to open up capsules or gel caps and put the contents directly into the mouth.

Natural remedies can also aid recovery after a heart attack. Co-Q10 is especially helpful here. It has been found to strengthen the heart in people who have suffered heart disease and to protect it from further damage. High doses are needed, anywhere from 200 to 800 mg. daily.

Hawthorn is a good remedy to take to help the heart heal from a cardiac arrest and reduce future risk of heart attacks. For best results, hawthorn needs to be taken for many months in large doses, 6-12 capsules per day.

Arrhythmia, Tachycardia, and Palpitations

Arrhythmia is a medical term referring to an irregular heartbeat. Arrhythmias can be benign or very serious, so they should be assessed and monitored by a primary care provider. You may not notice any symptoms if you have an arrhythmia,



but if you do you might experience symptoms like heart palpitations (a sensation that your heart is skipping beats or fluttering), bouts of tachycardia (rapid heart beat) or bradycardia (slow heart beat), anxiety, dizziness, pounding in the chest, fatigue, sweating, and blurred vision.

The most common form of arrhythmia is atrial fibrillation (AFib). The CDC estimates that by 2030 about 12 million people will have AFib. AFib is difficult to treat naturally and typically requires medical intervention. However, natural remedies can help with some forms of arrhythmia.

When suffering from arrhythmias avoid stimulants like caffeine and tobacco, as well as herbs like ephedra, licorice root, and peppermint oil. It's also important to make sure you have an adequate intake of the mineral electrolytes potassium and magnesium. Both of these are common mineral deficiencies, and both minerals are important for maintaining a normal heart rhythm. In some cases, extra calcium is also necessary.

Certain nervine herbs may be helpful in normalizing the heart rhythm. These include passion flower, skullcap, and lobelia. All of them tend to calm and normalize the heart rate. However, one of the best nervines for normalizing heart rhythm is motherwort. It relieves anxiety, reduces high blood pressure, and eases strain on the heart. It is especially helpful for tachycardia and heart palpitations.

Unfortunately, many of the best remedies for normalizing heart rate are herbs that are professional-only botanicals. These include lily of the valley and mistletoe. Drugs are needed in severe cases to stabilize the situation, and some causes of arrhythmias are congenital (inherited) and cannot be effectively eliminated.

Heart Valve Disease

Heart valve problems may be present at birth or can be caused by infections (especially rheumatic fever), heart attacks, or some other damage to the heart. According to the CDC about 2.5% of the U.S. population has valvular heart disease. It is more common in the elderly and about 25,000 people die each year from non-rheumatic fever related valve disease.

Heart valve conditions should be assessed and monitored by a medical doctor and typically cannot be treated effectively by natural remedies alone. However, there are natural remedies that can offer supportive therapy. Hawthorn, magnesium, and potassium may be helpful. A professional botanical, night blooming cereus, a species of cactus that stimulates the action of the heart, may also be helpful. It combines well with motherwort, hawthorn and has

been used to aid recovery from heart attacks, angina, tachycardia, palpitations, as well as heart valve disease

Cardiomyopathy

Cardiomyopathy is a disease of the heart muscle or myocardium. When heart muscles get damaged in some way the heart does not pump efficiently. The muscles may be too lax or too constricted or they may become enlarged. The damage may be a reaction to infection, drugs or toxins, or it can be genetic. Doctors often can't identify the exact cause.

Since cardiomyopathy often goes undetected, there aren't exact stats on the number of people affected by it. The CDC estimates it affects about one in five hundred people. Natural remedies and therapies can certainly help prevent cardiomyopathy, and can probably help with the damage after the fact, although there isn't much specific data. Remedies to consider would include hawthorn, magnesium, fat soluble vitamins, and omega-3 essential fatty acids.



Heart Failure

Heart failure is a decline in the function of the heart due to damage of the heart muscle and can be caused by hypertension, coronary artery disease, heart valve disease, and other problems that weaken the heart muscle. According to the CDC about 6.2 million Americans suffer from heart failure. Heart failure is typically treated with drugs and may also be treated with surgery, including heart transplants.

There are natural remedies that can support a person suffering from heart failure, but they should not be relied on by themselves. It's also important to have the condition monitored regularly by a medical doctor. Some of the natural remedies that may be helpful for heart failure include hawthorn, Co-Q10, magnesium, L-arginine, and L-carnitine.

For heart damage due to smoking, an Ayurvedic herb called arjuna may be helpful. It is used like hawthorn in India as a general tonic for aiding the heart in problems like angina, arrhythmia, arteriosclerosis, cardiovascular disease, heart weakness, and hypertension. It combines well with hawthorn for these purposes.

Unfortunately, some of the best botanical remedies for congestive heart failure like lily of the valley, Scotch boom, and arnica are professional-only botanicals. Because of this drugs are often necessary to stabilize the heart in heart failure.

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Additional Help and Information

For more information about using natural remedies with various diseases of the heart, contact the person who gave you this newsletter. You can also consult the following resources:

Strategies for Health by Steven Horne

<https://draxe.com/health/coronary-heart-disease/>

<https://www.westonaprice.org/health-topics/stress-as-cause-of-heart-attacks-the-myogenic-theory/>

<https://pubmed.ncbi.nlm.nih.gov/26656228/>

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Nature's Best Remedies for the Heart

Here is some more detailed information on some of the best general remedies for supporting the health of the heart.

Hawthorn

Studies around the world have shown that hawthorn can improve the tone of the cardiac muscle, improve oxygen uptake by the heart, improve circulation in the heart, energize the heart cells and dilate blood vessels in the extremities to reduce strain on the heart. The berries, flowers, and leaves are all valuable. Hawthorn is also a very safe herb; its only major caution is that it can create problems if someone is also taking digitalis as it makes digitalis more potent.



Hawthorn can be combined with ginkgo and olive in a **Cardiovascular Tonic**. This blend will improve general circulation, strengthen the heart, and protect the brain against the effects of aging. You can also take a **Heart Health Formula** that combines hawthorn with capsicum and garlic to help manage blood pressure and improve overall circulation.

Co-Q10

Co-Q10 enhances energy production in the mitochondria that power your cells by facilitating the production of ATP. This helps your cells produce energy which helps them to live longer, be healthier and to reproduce properly.

The heart has high energy requirements, which is why Co-Q10 can be beneficial for supporting the heart. It has been found to strengthen the heart in people who have suffered heart disease and to protect the heart from further damage. Other studies have documented its ability to raise or lower blood pressure. Co-Q10 also has antioxidant functions, which can help protect the arterial linings from damage. Take 100-200 mg. daily for prevention or 400-800 mg. daily for recovery from heart problems.

Minerals and Vitamins

One of the most important minerals for the heart is magnesium. Magnesium is also essential for energy production in the heart. It helps the heart and blood vessels to relax properly, which reduces stress on the heart, helps protect the heart against spasms, and helps lower blood pressure. Magnesium, along with potassium and calcium, helps to maintain proper heart rhythm.

Several vitamins are important for preventing and possibly overcoming heart disease. Vitamin C is helpful for preventing arterial inflammation and coronary artery disease. Vitamin D₃ along with vitamin K₂ helps prevent plaque formation and reduces the risk of cardiac arrest. In fact, most heart attacks occur in the winter when vitamin D levels are at their lowest. Vitamin E acts as a natural blood thinner, which can also reduce the risk of cardiac arrest and other heart problems.

Amino Acids

L-carnitine is an important amino acid, that is found primarily in red meat. It transports fatty acids to be metabolized for energy in the mitochondria. It improves energy production and oxygen utilization in the heart and can be very helpful for improving heart health. It's also why avoiding red meat is not something you need to do to protect the health of your heart.

L-arginine is an amino acid necessary for the production of the chemical messenger nitric oxide, which dilates blood vessels. Supplementation with l-arginine can be beneficial in reducing high blood pressure and relieving angina. It also improves tolerance to exercise.

If you have high blood pressure, taking l-arginine as part of a **Nitric Oxide Boosting Formula** will help support the health of your heart. This formula also contains antioxidants to reduce cardiovascular inflammation, such as green tea extract, grape seed extract, and olive leaf, as well as nutrients like magnesium, vitamins C, D, B₅, 512, thiamine, and folate.