Healing by Design

Arteriosclerosis

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Want to fix cholesterol? Change your diet, exercise and work on your liver. Your liver is one of the key elements to detoxification. *Restore the Liver by Jing Herbs or Liver Strengthener by Wish Garden* are good formulas. If you want to go for it, try a coffee enema or a liver/gallbladder flush. Our best liver cleanse is the *4-bottle Chinese herbal 21 day cleanse by Prime Health* (amazing results).

2. *Magnesium Chloride Oil by Health and Wisdom or CALM by Peter Gillham.* Magnesium oil foot baths are life changing for many with heart concerns. Magnesium opens blood vessels and is crucial for regulating the heartbeat. All magnesium is NOT created equal, and magnesium chloride works much better than epsom salts. Magnesium chloride restore magnesium to the cells. Get a small foot bath, add warm water to cover toes, add 2oz (1/2 cup) of magnesium oil and soak 15-20 minutes before bed. After the foot baths, take CALM simply adding 1 teaspoon to water twice daily (once before bed).

2. All electrolyte minerals are important for the heart. Add a good sea salt to your water (we need sodium for hydration and proper heart function and it is quick way to restore normal blood pressure). One teaspoon per gallon or a pinch per glass. Get himalayan pink salt, celtic sea salt or other quality salt, NEVER table salt. The *NHI Himalayan Salt Stones* are best, using the SOLE method. EVERYTHING you hear about salt being bad is about man-made table salt. Also use *ENDURE or Electrolyte Stamina Tablets by Trace Minerals Research.*

3. Get daily sunshine. Connect to God through nature. Get your bare feet on the earth, go camping, and just be outside. It is almost impossible to be stressed sitting on the beach or in the woods. Get an *Earthing Sheet* to connect to the ground in your home. Earthing keeps blood platelets from sticking together and sunshine lowers blood pressure and cleans the blood! Studies of LIVING BLOOD show that within 2 hours of connecting to an earthing sheet, red blood cells are no longer coagulating (sticking together).

4. Take *Neprinol by Arthur Andrew.* This is most important! THESE CLEAR OUT BLOCKED ARTERIES! Empty stomach always, best to do upon rising and before bed. 30 minutes before a meal or at least 2 hours after a meal. Start with 1 capsule upon rising an 1 capsule before bed the first week. Increase to 2 capsules upon rising and 2 capsules before bed the 2nd week. Increase to 5 and 5 (10 daily) as max dosage and stay here 3-6 months. Side benefits include stronger immune system, cleaning up scar tissue and repairing damaged cells.

5. Two men won the nobel prize in the 1990's by learning the amino acid Arginine increase nitric oxide in the blood and clears out blocked arteries. Take *Got Arginine? by Morningstar Minerals* as instructed on the bottle or *Triargin by Bypro Nutrition* (this has Arginine and naturally increase NO2, Nitric Oxide, which helps heal endothelial cells damaged in the blood vessels).
6. Switch to a LIGHT, almost vegetarian type of diet. Eat fruits, veggies, greens, nuts, seeds and maybe a small amount of chicken, turkey, fish and eggs. You must clean up the blood and take the stress of digestion for your bloodstream to heal itself. Start juicing, and focus on greens. Eat small meals, do not over-eat and don't eat right before bed.

7. GREENS! **Spirulina and Chlorella by Ultimate Superfoods, Aloe Life Daily Greens by Aloe Life.** Our favorite is the **Green Vibrance or Maximum Vibrance by Vibrant Health!** This is like a meal replacement and has everything you could ever want in one supplement. Add these to smoothies or other drinks, even salads. Greens cleanse the blood, build the blood and increase oxygen flow to the body. Also eat your leafy greens like spinach, kale, chard, lettuces, etc.

8. Be cautious with Angiograms. They are invasive and not very accurate. For accurate testing of blocked arteries, find someone with a Cardio Max Pulse machine.

9. Please avoid statin drugs! They do not prevent (they actually increase) heart disease. There is NO PROOF they work at all. They are loaded with side effects because cholesterol is critical to human function. Listen to my classes for more info! When you stop your statin drug, you will immediately begin to feel better because they are so contrary to human life and function.

10. Other great ways to take care of your heart include exercise (walking 30 minutes daily is powerful), cayenne pepper (will save lives from heart attack, take daily to prevent), CoQ10 is important for heart health. We like **Hot Cayenne by Dr Christopher or the cayenne by Cedar Bear. Garden of Life CoQ10** is good quality.

11. BONUS. Best herbs to clean blocked arteries are; garlic, cayenne pepper, ginger, turmeric, hawthorn berries, green tea, fenugreek and flax seeds. So eat your curry!