

# Deep Vein Thrombosis (DVT)

## What Is DVT?

Deep vein thrombosis or deep venous thrombosis is a blood clot found in a deep vein. A clot located inside a blood vessel is called a thrombus; deep vein thrombosis commonly occurs in the legs.

Non-specific symptoms of the condition may include swelling, pain, redness, warmth, and engorged veins in the legs. A pulmonary embolism is a potentially life-threatening complication of the condition, which occurs when a clot detaches and travels to the lungs. DVT and pulmonary embolism are categorized together as a single disease called venous thromboembolism. Roughly one in 1000 adults develop DVT each year, and risk increases with age.

## What Causes DVT?

Chronic inflammation triggered by a poor diet, missing nutrients, high-sugar drinks, stress, and smoking are primary triggers for the condition. Risk can be exacerbated by sitting for long periods of time, longer than three hours or more in one day. The best prevention is to make dietary changes, supplement missing nutrients, and walk 5 miles per day.

## DVT FAQ

**Q: Hi, I recently had a DVT/PE, and I am on Warfarin till Feb. 2011. A friend suggested I take Serrapeptase +msm + trace minerals to help dissolve blood clots. The anti-coagulant clinic I attended doesn't recommend any natural products as research has not quite proven whether or not they interfere with Warfarin. What would you recommend? Would it be an option once I finish Warfarin?**

A: I strongly recommend BlockBusterAllClear. This has Serrapeptase and Nattokinase, as well as other enzymes and Pycnogenol, to help get your cardio system healthy. Nattokinase will dissolve blood clots, whereas Warfarin just stops clots forming. There is no interaction between them as they do different jobs. I strongly recommend an anti-inflammatory diet, as well as an exercise, that can help to clear your DVT. See the plan in this book.

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**“I was so weak, I couldn’t get out of bed. 99 percent of people at my age die. I am 72 years young and still biting at the bit. I had deep vein thrombosis (DVT) in the popliteal space behind the left patella. A part of the embolism broke off and relocated in the right lobe of my left lung. I also had a 20-year fungal infection on my big toe of my left foot, which completely ameliorated and is gone. The skin is pink and the nail is normal. My energy is back, and my mental outlook is superlative. Thank you, Robert Redfern and Serrapeptase. Be Well.”**

- Gene

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*Follow the Health Plan as recommended for the best results:*

## DVT DEEP VEIN THROMBOSIS HEALTH PLAN

The first two below are the very minimum I recommend, but the rest are also important if finances are OK. The food and exercise changes are the real cure.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support a healthy cardiovascular system - in order of priority:*

- **BlockBuster AllClear** - Take 2 capsules x 4 times per day for 30 minutes before eating and drop to 1 x 3 after 1 month (plan on 1-2 months). Contains Serrapeptase, Nattokinase, Protease and Lipase. Blockbuster supports healthy arteries and the cardiovascular system, along with healthy blood pressure and the circulatory system.
- **Ancient Minerals Magnesium Oil Ultra** - After a few days on BlockBuster, get someone to massage this into your feet and legs 2 times per day, working upwards towards the heart. Make sure you are lying down when you have this done. Relieves aches and pains, restores cellular magnesium levels.
- **Serranol** - Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3 designed to provide relief and reduce inflammation. Take 1 capsule x 3 times per day with the Blockbuster.
- **HealthyFlow** - Take 2 teaspoons, 2 times a day in water or food. Contains L-arginine, L-lystine and L-citrulline that support healthy blood flow and arteries.
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- **The Krill Miracle** - Take 1 capsule x 2 times per day. Contains Omega 3, 6 and 9 oils that support the reduction of heart damaging inflammation.