

# Cardiac Disease

## What Is Cardiac Disease?

Cardiac disease refers to a class of diseases that affect the heart and blood vessels, encompassing the veins, capillaries, and arteries. Risk factors for cardiovascular disease may include age, gender, tobacco use, high blood pressure, diabetes, family history, obesity, excess sugar consumption, sedentary lifestyle, and air pollution.

## What Causes Cardiac Disease?

All cardiovascular diseases are caused by atherosclerosis. Atherosclerosis occurs when arteries narrow after a gradual buildup of fatty materials on arterial walls. As arteries narrow over time, blood that supplies oxygen can't make it to the heart. This can result in angina, with symptoms of discomfort or pain in the chest.

If a piece of atheroma breaks away from the arteries, it can create a blood clot. If a blood clot blocks a coronary artery, blood supply to the heart will be cut off. This can cause permanent damage to the heart muscle in what is known as a heart attack. If a blood clot blocking an artery travels to the brain, it can cut off blood supply to cause a stroke.

## Cardiac Disease FAQ

**Q: My husband has had problems with cardiac disease, especially his heart. He occasionally has some trouble with it from time to time. What can you recommend me to give him to initiate the healing process?**

A: BlockBuster AllClear is recommended for heart problems, to be taken with the Serranol. OxySorb and HealthyFlow can also help. See my Cardiac Disease Health Plan for more information.

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**“I had 98% cranial blockage on the left-hand side of my brain. I bought one bottle of Blockbuster Allclear in August and one in September, and I took 3 in the morning and 3 in the evening. I just saw the doctor today, and after only two bottles of Blockbuster, I went from 98% cranial blockage to NO BLOCKAGE whatsoever! The nurse also told me that I had ‘really good blood flow.’ Needless to say, I’m ecstatic and going to celebrate my new found health.”**

**- Maureen Dunifer**

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**“Thank you most kindly, Robert! I have never been so excited over a product in my life as I am over Serrapeptase. I have been on it for two weeks, and it has taken my angina away. I have had heart issues most of my life. I’m 57 and have been on heart meds for 39 years. Can you imagine? The electrical part of my heart is faulty. The heart is good, but not its function. Not sure what the chest pain is all about, but Serrapeptase has stopped it. Also, my fatigue is improving. I used to be down in bed with Chronic Fatigue and Fibromyalgia. I have an alternative medical doctor that has helped some over the years. But... not as much as Serrapeptase has in two weeks! Hubby is on Serrapeptase too! He had the start of pneumonia, which he’s prone to. In two days... Serrapeptase stopped it! He’s fine now!**

**I praise God for you, your awesome book, and the products! I have been buying your book at various places and giving them to people to read! I totally believe in you and the product!”**

**- Diane**

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Follow the Health Plan as recommended for the best results:

## CARDIAC DISEASE HEALTH PLAN

The following plan is designed to provide relief for Cardiac Disease by taking the following supplements and implementing a naturally healthy lifestyle.

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

- **BlockBuster AllClear** - Take 2 capsules x 3 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 a cardiovascular system, along with healthy blood pressure and the circulatory system.
- **Serranol** - Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 1 capsule x 3 times per day with the Blockbuster.
- **OxySorb (Optional)** - Take 4 single sprays under the tongue over the day or before exerting yourself. (This is only needed if you have angina/breathing problems.)
- **HealthyFlow** - Take 2 teaspoons, 2 times a day in water or food. Contains L-arginine, L-lystine and L-citrulline that support healthy blood and arteries.
- **UB8Q10 Ubiquinol** - Take 2 x 2 times per day with food for 1 month (then 1x2 for ever). This is 8x more effective than CoQ10 at restoring cell energy. This supports the heart muscle, supports heart valves and is essential for all cell energy.
- **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 x 2 times per day. Contains Omega 3, 6 and 9 oils that support the reduction of heart damaging inflammation.

### **Other Recommended Products**

**Liposomal Vitamin C - Use Liposomal Vitamin C or its alternative:**

- **Liposomal Vitamin C** - For best results, Take 5 ml daily (1 teaspoon) or as directed by your healthcare professional.
- **Altrient-C** - Highly potent Vitamin C for maximum absorption, highly potent for cells. For best results, snip or tear the notched end off the packet, squeeze into one or more ounces of your favorite natural juice or water, drink on an empty stomach, and wait at least 15 minutes before eating.