

Cardiovascular Disease (CVD)

What Is CVD?

Cardiovascular disease refers to diseases of the heart, blood vessels, or both. Cardiovascular disease may include any disease that affects the cardiovascular system, such as cardiac disease, brain and kidney vascular diseases, and peripheral arterial disease.

What Causes Aortic CVD?

There are a number of causes of cardiovascular disease, although atherosclerosis and/or hypertension are the most prevalent. With age, there are a number of physiological and morphological changes that can affect heart function and increase the risk of cardiovascular disease, even in healthy adults.

Cardiovascular disease remains the leading cause of death around the world, although mortality rates have declined in a number of developed countries since the 1970s. Cardiovascular disease and deaths continue to climb in low- to middle-income countries.

Cardiovascular disease often affects older adults, though precursors to the condition, like atherosclerosis, can begin early in life. It is important to focus on reducing the risk of cardiovascular disease at an early age by improving diet, exercising, and avoiding smoking.



“Hi Robert, In January, my bad cholesterol was 212, my triglycerides were 476, and my blood sugar level was 124. The doctor couldn’t measure my good cholesterol, because my triglycerides were so high.

In the second week of March, I started taking two 400 mg capsules of Serrapeptase twice a day. By the second week of April-without changing my diet-my bad cholesterol went from 212 to 181, my triglycerides dropped from 476 to 356, and my blood sugar level dropped from 124 to 112.”

- Bobby Leopard, Windsor, SC



Follow the Health Plan as recommended for the best results:

CARDIOVASCULAR DISEASE (CVD) HEALTH PLAN

The following cardiovascular disease health plan is designed to provide relief for cardiovascular disease and, when followed together with a naturally healthy lifestyle, it can help you to achieve long-term good health.

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

- [BlockBuster AllClear](#) - SerraEnzyme Serrapeptase, Nattokinase and 13 other circulation supporting nutrients to support the arteries and cardiovascular system. Take 2 x 3 times per day, 30 mins before eating (plan on 1-3 months).
- [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.
- [Curcuminx4000](#) - Take 3 capsules, twice daily. Relieves inflammation and pain.
- [The Krill Miracle](#) - Take 2 capsules, 2-3 times daily. Provides antioxidants and support for healthy cholesterol.
- [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.
- [HartGard Drops](#) - Take 5 drops, 3-4 times daily. Improves overall cardiovascular health.
- [B4 Health Spray](#) - Take 4 sprays x 2 times per day. Supports a healthy heart and cardiovascular system.