

Peripheral Arterial Disease

What Is Peripheral Arterial Disease?

Peripheral arterial disease, also called PAD, occurs when plaque accumulates in the arteries that supply blood to the head, organs, and limbs.

What Causes Peripheral Arterial Disease?

When plaque builds up in the arteries, it causes a condition known as atherosclerosis. Over time, plaque will accumulate, harden, and narrow the arteries. This will limit oxygen-rich blood supply to all parts of the body.

PAD most commonly affects arteries in the legs, though it can also affect blood flow from the heart to the head, arms, kidneys, and abdomen. This plan focuses on rehabilitation for PAD affecting blood flow to the legs.

Peripheral Arterial Disease FAQ

Q: I have severe blockages in my legs. Doctor said I am completely blocked below my knees and when he goes back in my leg (angioplasty) that will make it 8 times I have had this done. He said no need to go below the knees unless I get cut or a sore that will not heal. My question is, if I take Blockbuster, will it be sufficient to remove the plaque safely? Also since my blood pressure drops too low at times, will Blockbuster be safe? Thanks a lot for an answer.

P.S. I am on my second bottle of SerraEnzyme and can't tell any difference yet and that is the reason for opting for BlockBuster.

- A:
- Take BlockBuster 2 x 3 times per day, 30 minutes before eating a meal, with a glass of water. This will dissolve any clots that break away. Take 1 Serrapeptase with them.
 - Follow the diet and drink plan attached.
 - Lie on your back and cycle your legs in the air and get someone to hold them if too hard.
 - Rebound on one of the 3 rebounder mini-trampolines.
 - Do these 3 times per day.
 - Eat the Really Healthy Foods plan found in this book.

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“I used the enzyme to treat a severe case of peripheral artery disease (PAD). After four months use, the PAD does not appear to be as severe. There has been improvement in both feet with respect to warmth, color and the sense of feeling has returned nearly to the tips of my toes.

Most importantly, I now have a vascular surgeon who did not dismiss the use of the enzyme out of hand and is interested in this ‘experiment’ in which I am engaged. The doctor completed an ultra sound examination of my arteries from my heart to the tips of my toes and has scheduled another examination in November to assess any changes. He is concerned about the development of aneurysms. Being able to feel the ground etc. when I walk is a great improvement in the quality of my life and certainly is important in the operation of a motor vehicle. And I can readily assume that if this enzyme is cleaning out the arteries of my feet, it is also doing likewise in the remainder of my vascular system. Best regards and wishes for a prosperous year.”

- RK, United States

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Follow the Health Plan as recommended for the best results:

PERIPHERAL ARTERIAL DISEASE HEALTH PLAN

The following health plan is designed to provide relief for peripheral arterial disease. By following the plan below, which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve peripheral arterial disease, so as to achieve overall good health in the long-term.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy circulation - 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.
- [Vitamin D3-K2 Spray](#) - Take 4 sprays x 2 times per day. This helps to clear calcium build-up.
- [B4 Health Spray](#) - Take 4 sprays x 2 times per day. Supports the heart and cardiovascular system.
- [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](#) - **(8x times more effective than CoQ10)** - Take 2 x 2 times per day with food for 1 month (then 1x2 for ever). This supports the heart muscle and 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 capsule x 2 times per day. Contains Omega 3, 6 and 9 oils that support the reduction of heart damaging inflammation.

As A Vegetarian Alternative To The Krill Miracle...

- [Hemp Seed Oil](#) - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.