

Angina (Cardiomyopathy)

What Is Angina?

Angina is chest pain that is primarily caused by ischemia of the heart muscle. This develops due to an obstruction or even a spasm in the coronary arteries.

What Causes Angina?

Angina's main cause is coronary artery disease, which in turn is caused by atherosclerosis (hardening/narrowing) of the arteries that transport blood to the heart muscle.

Angina Cardiomyopathy FAQ

Q: Please could you advise me on which Serrapeptase to purchase? I have very low level angina but can avoid trouble if I live reasonably - not easy! I take Aspirin and Ezetrol daily. The more common statins caused me problems in my feet and legs - Atenonol lowered my blood pressure too low. I had one TIA three years ago, possibly caused by the Atenonol. I am 69 years old. I would be grateful to receive a reply from you.

A: SerraPlus+ should be fine, but Blockbuster AllClear may be better. You may decide this is better than taking all of your drugs with their side effects. Diet change will also help, but doctors do not have any training on proper foods and so may give wrong advice. See the Really Healthy Foods plan in this book.

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“I was suffering with angina, which made walking uphill difficult. I took Blockbuster AllClear for a while and I found I could walk without difficulty, so assumed I was cured. I stopped taking them for 3 months and one day went out walking and on going up a hill found I had to stop, as the symptoms had returned. I have started taking the Blockbuster again and the symptoms have stopped - even going uphill, so it is definitely the Blockbuster that is helping.”

- Sally Y., UK

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“I have been using the UB8 since it arrived at my house, and I really think it is great. I take two capsules in the morning and one before going to bed, and I feel absolutely fine. I have also started taking the Blockbuster AllClear, and I've been amazed by it. I had a heart attack a year ago, and since taking the Blockbuster, I have felt not one bit of even an indication of angina or so. Absolutely great. Response to the SerraPlus+ is as good. I have one patient who has been suffering from back pain for years on end and who has been prescribed loads of various painkillers, etc. Since taking the SerraPlus+, the pain is easing considerably, and she feels a lot better in herself. My wife is also using it because she fractured her pelvis in an accident last year, and she continuously had a very uncomfortable feeling in that area. I said 'had' because it has completely disappeared. Good news on all sides!”

- Gus Patist

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Follow the Health Plan as recommended for the best results:

ANGINA (CARDIOMYOPATHY) HEALTH PLAN

The following health plan is designed to provide relief for angina (cardiomyopathy) and to support a healthy heart. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve heart health and to achieve overall good health in the long-term.

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

- [BlockBuster AllClear](#) - SerraEnzyme Serrapeptase, Nattokinase and 13 other circulation supporting nutrients. Take 2 x 3 times per day, 30 mins before eating and drop to 1 x 3 after 1 month (plan on 1-2 months)
- [Serranol](#) - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- [OxySorb](#) - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Take about 20 drops in the mouth, swish around for at least 30 seconds and then swallow. Use as needed.
- [HealthyFlow](#) - Arginine L-Lysine, L-Citrulline, Grapeseed Extract 95% AstraGin™ (contains Astragalus membranaceus and Panax notoginseng). This formula supports healthy blood vessels throughout the body. Take 4 teaspoons over the day in a little water or juice.
- [UB8Q10 Ubiquinol](#) - 8x more effective than CoQ10 at restoring cell energy. Take 2 capsules x 2 times per day with food for 1 month (then 1 x 2 forever) as 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](#) - Krill oil replaces missing essential nutrients. Take 1 capsule per day, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

- [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.

Additionally, in the case of a weakened heart, add:

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.