

# Heart Disease

## What Is Heart Disease?

Heart disease in this section refers to a group of diseases that involve the heart or blood vessels local to the heart, including angina (cardiomyopathy), ischaemic or coronary heart disease, diseased heart valves, and heart failure.

Cardiovascular disease refers to any disease that affects the cardiovascular system, principally cardiac disease, vascular diseases of the brain and kidney, and peripheral arterial disease. These are all covered in the Cardiovascular Plan.

## What Causes Heart Disease?

Heart and cardiovascular diseases remain the biggest cause of death worldwide, though over the last two decades, cardiovascular mortality rates have declined in many high-income countries as healthier lifestyle choices are adopted. At the same time, cardiovascular deaths and disease have increased at an astonishing rate in low- and middle-income countries as they take on the junk food and smoking habits of the Western countries.

Chronic inflammation (caused in the main by diet, missing nutrients in modern foods, stress, sugary drinks, and smoking) is clearly the cause of such diseases. The correct form of exercise can help in some cases but can make matters worse in others. Short, high-intensity exercise sets (e.g. 200 meter sprints) with recovery rests in between each set (also called interval training) are shown in studies to be far healthier than long-distance jogging exercise. Weight training is also recommended.

Since up to 50% of all deaths between the ages of 45 and 70 are caused by heart/cardiovascular diseases, "thinking" people should start to think about their health plan so they can remain in the other 50%.

## Heart Disease FAQ

**Q: Of your products, what is best for heart attack/stroke prevention?**

A: BlockBuster and HealthyFlow are very good. Following my diet recommendations will also help.

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**"Many thanks for the valuable advice that you give to your subscribers, of which I am one. For your reference, I had a massive heart attack just over 7 years ago at the age of 64 at which time just under 30% of my heart muscle was lost. For six years, I was taking 40mg/day of Lipitor until I discovered through my belated research, the dangerous potential side effects of this statin drug.**

**I also discovered (thanks to your good advice) that by changing my eating habits, losing excess weight and doing regular exercise, I would be able to progressively distance myself from taking this particular drug. I have now been off Lipitor completely for seven months and just recently received the results of a full comprehensive blood test.**

**These results 'stunned' my doctor and of course gave me a great feeling of personal satisfaction and relief. I would like you to know that SerraEnzyme 80,000 iu Serrapeptase is top among other supplements that I have been taking for some time. (6-8 capsules SerraEnzyme 80,000iu per day). I have also found that by cutting out grains and processed foods and by reducing my sugar intake to basically only around 15-20g of fruit fructose per day, this has greatly assisted me in maintaining my health. My wife who is suffering from Fibromyalgia, has now commenced sharing my SerraEnzyme 80,000iu Serrapeptase capsules every day."**

**- Paul, Australia**

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Follow the Health Plan as recommended for the best results:

## HEART DISEASE HEALTH PLAN

The plan below is recommended to heal heart disease and to start you on the path to good health. When followed with a naturally healthy lifestyle, it's possible for the heart condition to improve and for inner healing to begin. If followed consistently, the symptoms of heart disease will ease and eventually, good health will follow.

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

- **BlockBuster AllClear** - Gives powerful support for the cardiovascular system. This includes support for healthy arteries, blood pressure and the circulatory system. 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** - Serranol offers professional strength support for healthy joints, cells, heart, blood flow, circulation and cholesterol. SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3 - Take 1 capsule x 3 times per day, with the Blockbuster.
- **Vitamin D3/K2 Spray** - Protect your heart against cardiovascular disease. Vitamin D3/K2 boosts a protein called MGP which protects blood vessels against calcification. Take 3 sprays, 2 times a day.
- **HartGard Drops** - Protects against the beginning stages of heart disease for mild heart muscle weakness, pressure and tightness of the chest, along with mild arrhythmia. It's also used as a tonic for an aging heart. HartGard drops contain sublingual nutrients for healthy heart function, cardiovascular health, healthy blood pressure and protection against strokes. Take 6 single sprays under the tongue over the day.
- **Ancient Minerals Magnesium Oil Ultra** - Increases absorption of magnesium and reduces pain. Apply liberally onto skin such as the chest, arms and leg muscles to cover a wide range of absorption.
- **UB8Q10 Ubiquinol** - 8x more effective than CoQ10 at restoring cell energy. Take 2 x 2 times per day with food for 1 month (then 1 x 2 forever). 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 is a powerful antioxidant that bolsters immunity and reduces heart damaging inflammation. Take 1 softgel, 2 times per day with food.

### 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.
- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. (See [www.Probiotic29.com/studies](http://www.Probiotic29.com/studies).)
- **Naturally Better Vitamin E** - Protects healthy fats from oxidising and causing free radical damage. Take 1 capsule, 2 times daily.
- **Essential Digestive Plus** - For healthy digestion and absorption. Take 1 capsule as you start your meals, 3 times per day.

### 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.