

Heart Failure

What Is Heart Failure?

Heart failure is caused by the heart failing to pump enough blood at the right pressure around the body. The heart muscle becomes too weak or stiff to work properly, and this means the heart needs more support to do its job. It doesn't mean that the heart will stop working.

What Causes Heart Failure?

There is no single cause, but if you have suffered with heart muscle weakness, high blood pressure, coronary heart disease, heart valve disease, atrial fibrillation, anemia, or an overactive thyroid gland, these are all probable causes.

Heart Failure FAQ

Q: What can you recommend for heart failure? I am 63 years old, suffered from heart failure recently and would like your advice please.

A: You should follow the advice in the following Heart Failure Health Plan. My advice is to stick to the really healthy foods in the diet plan and to avoid starchy carbs, processed foods, and so on..

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“I have used Serrapeptase and Blockbuster AllClear for eight months. I had a heart attack last year. I was fit as a fiddle before my heart attack, and I’m just as fit now. I take six Serrapeptase tablets a day. Thank you.”

- Roberta L., United Kingdom

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Follow the Health Plan as recommended for the best results:

HEART FAILURE HEALTH PLAN

The health plan below is designed to relieve the symptoms associated with heart failure. By choosing to live a naturally healthy lifestyle and following the supplement regimen below, it's possible to recover from heart failure and to attain long-term good health.

*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. Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3 - Take 1 capsule x 3 times per day, with the Blockbuster.
- **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 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 damaging heart inflammation. Take 1 capsule, 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 diseased heart valves, 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.