

Little known facts about

HEART DISEASE



BY GAREY SIMMONS

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Your Body is the most amazing machine or device that defies all known technologies. Your brain is the best computer you own. Your heart has the strongest most enduring pump. Your circulatory system can send blood around the world two and a half times every few minutes. You can learn to work with your body in a practical holistic manner to get really great results for your life or you can compromise your health by the misinformed choices you make. Amazingly, you can abuse your body by wrong choices for years and get away with it because the body can compensate for your bad habits and try to keep you healthy in spite of yourself. However, when systems begin to fail, know that it is your responsibility to take action and course correct.

Heart Disease: Plaque buildup thickens and stiffens artery walls, which can inhibit blood flow through your arteries to your organs and tissues. Some think this is the fault of cholesterol, but it's more a state of chronic inflammation exacerbating plaque buildup. Atherosclerosis is also the most common cause of cardiovascular disease. It can be caused by correctable problems, such as an unhealthy diet, lack of exercise, being overweight and smoking.

SEE THE LAST PAGE TO CHECK YOUR QUALIFICATION CODE

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HEART DISEASE KILLS MORE?

It's no mystery as to why heart disease kills more people worldwide than any other chronic disease. Not to minimize the devastation that cancer is causing but the No. 1 Killer on the planet is not hurricanes or terrorism, or cancer but heart disease. This rather small, fist size muscle works tirelessly, awake or asleep, rain or shine, 24/7/365 for 70, 80, 90 even 100 years.

To broaden the scope of what's happening in our medical system, it has to be said, there is something worse than heart disease and cancer combined. The one thing that kills more people worldwide is MISINFORMATION. This short document seeks to help bring good information to your awareness.

In the United States, yearly estimates and statistics still link heart disease to over 650,000 deaths a year. *It's like five Boeing 747 jets with no empty seats, crashing and burning every single day of the year.* Since the 1950s, scientists

and doctors have been advising a low-fat diet as a protection against heart disease. This advice is just wrong. What the low-fat diet has caused is a tremendous increase in manufactured foods that are filled with sugar.

If you remove fat from a food, it's tasteless and bland.

To get those goods sold and consumed, scientists created formulas or "recipes" based on sugars and salt to enhance taste and to encourage a common addiction to sugar. Any package goods that boast Low Fat, are very high in sugar. There are more than fifty names that the food industry uses to hide the fact that a product contains sugar. Sugar does the same as opioids to the pleasure center of the brain.

Statin Phenomenon

Flawed Research: Scientists used rabbits as their test lab animals and injected them with abnormally high amounts of animal based cholesterol. The rabbits couldn't absorb or digest the cholesterol since they are not carnivorous and they perished usually by heart attack. Therefore, the esteemed scientists deduced that if you lower cholesterol humans can avoid heart attacks. Wrong.

Cholesterol Myth Debunked

We are not rabbits. In our species, cholesterol is created on demand by the liver. Cholesterol is needed to provide hormones and vitamins and even energy to the body. The first two hours of sleep, the liver receives



Coach Garey Simmons

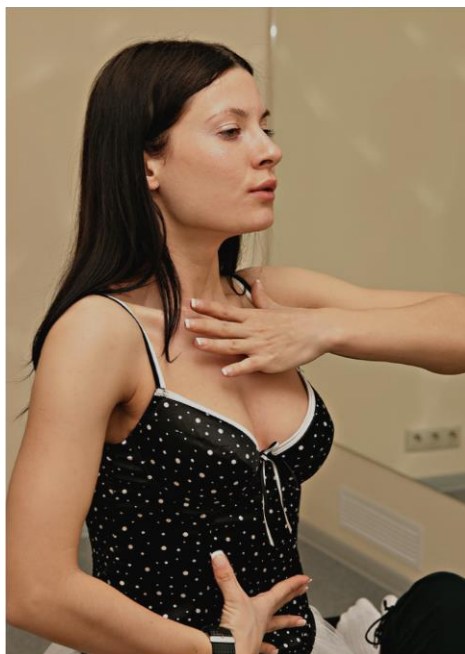
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Learn to breathe deeply and get full lung capacity. It's centering and healthful

signals from the immune system as to how much cholesterol needs to be produced for hormones and needed repairs. Ingested cholesterol amounts to only 5% of the body's cholesterol. Do not try to interfere with natural body processes through synthetic mediation, but learn to control inflammation from poor diet and environmental toxins.

HYPERTENSION

Hypertension is a state of elevated blood pressure over a long period of time. Anyone can get high blood pressure from giving a public speech, engaging in a political shouting match or getting rear ended on a highway. Hypertension stresses and damages artery walls. Lifestyle measures, stress management and even getting your weight under control will help to keep blood pressure in normal range. Avoid tobacco, limit alcohol and learn to meditate if emotional stress causes you anxiety. Do you eat processed food more than once a day? Do you get angry often?

HEART ATTACK



About 50% of 1st time heart attacks end in death. And 50% of those are people on statins with good cholesterol numbers. Go figure! Let's just admit it that pharmaceuticals may not be the best way to treat the buildup of coronary artery disease. Let's tackle the

build fences at the top of the cliff rather than hospitals at the bottom of the mountain. Let's use the old adage an ounce of prevention is worth a pound of cure. Here's my list of lifestyle prevention tips:

1. Eat well – use a healthy lifestyle diet. Some prefer vegetarian, some Mediterranean or Paleo, they all have cardiovascular benefits.
2. Exercise well daily – use the stairs instead of the elevator. If you are under 60, can you walk 10,000 steps a day? Can you walk for ten minutes 5 times a day.
3. Sleep well – do whatever it takes to ensure a good night's sleep. Darken your bedroom. Remove light sources such as clocks, radios, cell phones and computers. Herbs may be helpful
4. Live well – practice yoga or meditation and live peaceably with friends, neighbors and family. It's our responsibility to live peaceably.
5. Use high quality supplements for keep the blood flowing well.

STROKE

Stroke is way too common in the United States. It's the 3rd cause of death behind heart disease and cancer. We think of stroke as a cardiovascular event since it starts with a blockage that cuts off blood supply to the brain, although doctors treat stroke as a separate disease. Without

oxygen provided by the blood, brain cells will die. Depending on the area of the brain that loses oxygen, the results can vary from “recoverable” to death. Strokes are the most significant cause of disability in the United States. Strokes cause more than half of neurological disease hospitalizations.

5 Tips for lowering the risk of stroke:

- Treat high blood pressure / hypertension
- Quit Smoking
- Manage heart disease using change of lifestyle measures
- Control / reverse diabetes through nutrition
- Use supplements / meditation

OMEGA-3

In 2007, I was at health event. During the evening panel with an assorted crew of MDs and PHDS, the question was asked: “if there was one thing to do to change one’s health outlook, to improve life expectancy and quality of health, what would it be?”

Every expert on the panel recommended a high-quality fish oil as being rudimentary to health. It is known as “essential.” Our bodies cannot produce Omega-3 fats, they must be taken in via diet. Fats are the subject of such of intense debate and controversy. There are good fats and so called bad fats.

The only fats that are anti-inflammatory in nature are Omega-3s primarily and Omega-9s secondarily. Omega-3s originate at the bottom of the food chain in algae. Small fish like anchovies and sardines consume algae and convert the Alpha Linoleic Acid (ALA) Omega-3 into the form we can easily absorb, EPA and DHA. These two long chain fatty acids in and of themselves have the power to nearly eliminate heart disease. Just ask the Inuit. Those who live on a traditional diet do not experience heart disease. Additionally, Omega-3 can thin the blood which allows the blood to flow easier.

Omega-9s: A premium grade olive oil used in a salad dressing will provide enough Omega-9s for a daily intake.

Omega-6s are the unruly pro-inflammatory oils contained in cooking oils and baking oils. Avoid these as much as possible.

VITAMIN D3

There are several vitamins and minerals that can be used in treating heart disease and preventing heart disease. Often overlooked but essential for good heart health is Vitamin D3. It’s possibly the cheapest vitamin you can buy but it can do a world of good for aging well and avoiding heart trouble. Dose: 1 x 5000 IU daily. Click on the bottle to get started.

Vitamin D testing should be part of every cardiology workup. That’s because a number of studies have linked low blood levels of vitamin D with increased arterial stiffness and endothelial dysfunction, more fatal strokes, and even a higher risk of fatal cancer among patients with cardiovascular disease.

One of the biggest, and newest, studies on the correlation between vitamin D and heart health was conducted by researchers at Copenhagen University Hospital and the University of Copenhagen. They reviewed data from studies of more than 10,000 Danes and compared those with the lowest levels of vitamin D (less than 15 ng/mL) to those with the highest levels (more than 50 ng/mL).

What they found is that those with low levels of vitamin D (versus the optimal level) were 64% more likely to have a heart attack. Plus, they had a 40% higher risk of ischemic heart disease, a 57% increased risk of early death, and an 81% higher risk of dying from heart disease. Let’s make it a goal to age well, age gracefully and live a full and robust life. Granted no one lives forever but we can live a certainly do ourselves a great favor by living well without chronic diseases getting in our way.

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- [The Super Supplements Cheat Sheet](#)
- [Little Known Facts about Leaky Gut](#)
- [Little Known Facts about Alzheimer's and Dementia](#)
- [Little Known Facts about Diabetes](#)

A Magnificent Life:

Above all, understand that there are only 4 areas of health you need to focus on to have a magnificent life: **1. Mind State:** Attitude, Emotional & Stress Response **2. Exercise:** Moving your body and engaging the lymph system and muscles, joints in a safe manner. **3. Diet:** How you nourish your body and engage in the metaphysical by turning food into you. **4. Sleep:** The benefits of repair and recuperation you are afforded by sleeping well. Follow this plan or get help with a certified health coach. [Answer a few questions](#) to get started for free. Or Call 877-572-3444.

Websites to help:

- WWW.OPTIMALHEALTHBRIDGE.COM (SUPER SUPPLEMENTS)
- WWW.MYGUIDEFORLIFE.COM (HEALTH COMMUNITY COMING SOON)
- WWW.FULLBODYHEALING.COM (ELECTROMAGNET TECHNOLOGY)
- BOOK A FREE APPOINTMENT: WWW.CALENDLY.COM/GAREY

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