

Keeping Your Heart Healthy Without Drugs



Remember the prescription drug business brings in \$492 Billion per year. \$10 Billion is for Lipitor alone, a cholesterol lowering drug. This group of drugs can cause liver failure, breakdown of muscle fibers and muscle pain, tiredness, memory loss, possible nerve degeneration, immune suppression etc. so, what are some natural options that get great results?

Take these together and also eat an anti-inflammatory diet mentioned in this nutritional section

1. **A multivitamin/mineral supplement** without iron in a powder form, either in a capsule or in bulk.
2. **Magnesium Ascorbate (buffered vit. C):** 1000 mg 3x a day on an empty stomach between meals.
3. **Magnesium Citramate:** 500mg , 2x a day With meals.
4. **L-Carnitine:** 500mg, 2x a day on an empty stomach (improves heart strength)
5. **CoQ10:** 150 mg a day (in olive or rice bran oil) alternative is Idebenone, 50 mg 2x a day.
6. **Quercitin:** 500 mg 3x a day with meals
7. **Green Tea Extract (decaffeinated):** 100 mg a day
8. **Grape seed extract:** 100 mg a day
9. **Vitamin D3:** 1,000 IU a day