

high LDL cholesterol, and those brought on by smoking and eating a diet low in roughage and containing over 30 percent fat, seem to be the pattern of most of those affected. Hardening of the arteries can lead to high blood pressure, shortness of breath, strokes, and cold hands and feet, as well as senility and premature aging. Oxidized cholesterol (LDL, the bad kind) and ionic calcium make up part of the “cement” that lines arteries of the liver, bowel, lungs, brain, kidneys, legs and arms. Some new research indicates that heart attacks are caused not by high levels of cholesterol, but by low levels of a B vitamin known as folic acid. There is also a study of men over 50, which found that those who had the highest blood levels of bioflavonoids had the smallest risk of heart disease. Everyone needs a personal plan for prevention. See the sections on *Exercise* and *Cholesterol* in this book.

* **ProvexCV** is looking better all the time. It is difficult to understand why anyone who knows about this incredible, well researched, patented product, is not using it. Take **ProvexCV** as recommended to inhibit LDL cholesterol oxidation and regulate blood platelet activity. If you are on Coumadin or other blood thinners, work closely with your doctor to phase in the **ProvexCV**.

Take **Phytomega** daily as recommended. The phytosterols and omega-3 fatty acids in **Phytomega** help to lower cholesterol levels and maintain healthy triglyceride levels for enhanced cardiovascular health.

ProStolic is formulated to maintain healthy blood pressure. The tripeptides in it help to relax constricted blood vessels, improving blood flow. Pomegranate, one of the ingredients, is a powerful antioxidant and can prevent plaque from building up on blood vessel walls, as well as reduce existing plaque build-up.

Stop smoking and avoid smokers. Have a thorough physical examination performed to determine your risks. Follow the doctor's recommendations, and chart your progress. Avoid animal fats and cooked vegetable oils. Reduce total fat to less than 20% of your total diet. Eat two green, yellow, and orange-colored vegetables each day. Begin a gradual exercise program. A half hour of minimal exercise can give people with hardening of the arteries in their legs or arms a boost in protection from a heart attack or stroke. Eat an **Access Performance Bar** 15 minutes before exercising in order to speed up the fat-burning process. Take the **Vitality Pack** and **CellWise**.

Twenty to thirty-five grams of fiber is recommended daily for good health. **FiberWise** contains 5 grams of fiber and the bars can easily be carried for a quick snack. **ProFlex 20** is an excellent high-protein meal replacement and can be used alone or mixed with **Attain** for a delicious shake.

Periodontal disease is linked to the development of heart disease and stroke, so practice good oral hygiene. Using the **Melaleuca Dental Care** products is an excellent place to start. See the *Dental - Gum Disease* section.

*The information presented in this book is in no way intended as a substitute for medical counseling. Always consult your physician before starting any course of supplementation or treatment, particularly if you are pregnant or currently under medical care. Always read and follow product packaging directions and warnings.