

## Clogged Arteries

If you are under the impression that you can have surgery to unclog the fat and cholesterol out of one of your arteries and then just go about your life, think again. Unless you have just one clog in just one artery (usually from some injury), your entire circulatory tree is probably sticky with fat and cholesterol. Even if you get a clog unclogged or bypassed, the new bypass will clog or close up just like the one that was replaced. So what should you do?

### Preventive Strategy

For starters, eat a proper diet with lots of raw, whole foods that are rich in bioflavonoids and vitamin B so you don't clog up in the first place. These foods include fruits (especially citrus), nutritional (Brewer's) yeast, and flax oil. In addition, it's important to maintain a healthy liver-gallbladder system because this is the system that is most responsible for eliminating excess fats and cholesterol from your system. Maintaining a healthy diet—with special attention to keeping processed fats to a minimum—is key here. Processed fats are found in all processed foods, oils, salad dressings, margarines, and shortening. Finally, exercise regularly. This will maintain the muscular and vascular integrity of all your blood vessels.

If you were to do just these things, atherosclerosis or clogged arteries would not be a problem. But let's just suppose that you have not followed these kinds of healthy habits. And now your doctor tells you that you have clogged arteries. The most usual findings is a clogged coronary artery (the one that carries blood to your heart muscle). The coronary arteries often are a reflection of all the arteries in your body; so don't think you only have a problem in one place.

### Cleaning Your Arteries

Well, you're in a pickle now. There are no real shortcuts. You now have to do what you should have been doing all along (as described above). No pills, no potions, no magic bullets, no surgeries, no bypassing, no cholesterol-lowering drugs, nothing will get fat out of your blood vessels except an exact, precise, and correct nutritional protocol. Even that is a tough job that will take a long time. By the way, chelation will not get the fat out of your blood vessels either.

So let's get started. For the first six months, you are simply going to eat a healthy diet, switch from table salt to Celtic Sea Salt, start your nutritional program, and get a source of pure water. Your water source is like your body's filter, or your universal solvent. Pure clean water makes the elimination of fat from your system easier. We recommended reverse osmosis for your drinking water.

When it comes to nutritional products, B vitamins (especially inositol), betaine from beets or a betaine supplement, and flavonoids are critically important. The

flavonids and B vitamins are fat mobilizers, which over time, will begin to flush fat out of your arteries. The betaine is necessary to maintain proper bile flow through the liver. It is this flow that removes excess fat via the colon.

We generally use one tablespoon of raw flax oil daily. In addition, I recommend six Cardio-Plus, and Cyruta tablets daily from Standard Process Labs. Cyruta is the same as Cyruta-Plus except it has inositol as one of its ingredients. For most people with heart problems, Cardio-Plus is the product of choice. With fatty arteries, Cyruta is preferred. Remember that during this process, a steady supply of betaine is important. We use six AF Betafood tablets (for their betaine content) daily.

This is a slow, steady procedure. Allow a couple years for increased opening in your arteries and improved circulation. Stick with it, maintain your program steadfastly. You can monitor your results with medical testing, but most of these tests (other than ultrasound) are costly and dangerous. It is best to just get started and stick with it. The program is healthy for your whole body anyway.

As time progresses while you are on this kind of a complete health program, your body will be slowly mobilizing fat out of your vessels. It will be transported to your liver for dispersal in the stools via your bile system. This is the only way to reduce, treat or eliminate clogged arteries.

Health Alert – Healthy Heart Program