

Reduce Stroke Risk by 75%

“Rutin from buckwheat, combined with small amounts of vitamin A and C, will reduce by 75% the chance of stroke.”

Back in 1984, I started reporting what I and most of my colleagues were discovering about reducing the risk of stroke. We found that **flavonoids**—the naturally occurring plant chemicals that normally accompany the vitamin A and C compounds found in plants—dramatically reduced the risk of stroke. This was especially the case in people with high blood pressure.

In 1985, researchers from Cornell University conducted tests on animals and concurred with our findings. And in the 12 years that followed, we've been publishing this data in an effort to help stroke and high blood pressure patients. Not a great deal of attention was paid to this research, as Americans were instead prescribed powerful drugs—and as of late, an aspirin a day—to help prevent strokes.

On April 5, 1996, an Associated Press release hit the front page of all major newspapers across the country. The article heralded a European study showing that the ingestion of black tea and other foods containing flavonoids was associated with a **much lower risk of stroke**. How much lower? Remarkably, just about **75%**.

The article states that flavonoids are vitamin-like compounds that occur naturally in tea, fruits, and vegetables. They make blood cells called platelets **less prone to clotting**, and also act as antioxidants, countering the artery-damaging potential of highly reactive free-radical chemicals.

Clots and Artery Damage Cause Strokes

About 80% of all strokes are caused by blood clots that often lodge in arteries that have been damaged and narrowed by oxidizing chemicals in the bloodstream. Aspirin is prescribed to help keep platelet from clotting. In spite of the latest scientific discoveries disclosed at a recent convention of cardiologists, the medical world at large still rejects nutritional therapy and shuns the use of vitamin E as a preventive against blood vessel damage.

Remarkably, one of the nation's leading flavonoid researchers, John D. Folts from the University of Wisconsin Medical School, says the latest flavonoid research makes good sense. He says, “some flavonoids are better platelet inhibitors (stop platelet clotting), better than aspirin, covering one-half of the problem, are better antioxidants than vitamin E, covering the other half of the problem.

So it seems that the finding we announced in 1984 are now being “discovered.” And where are flavonoids found? Well, there are thousands of flavonoids, and they occur naturally in all kinds of fruits and vegetables. Commonly called **vitamin P**, lots of these materials are found in the white, pithy substances on the inside of citrus fruit skins. And highly active flavonoids are also found in black tea and in the buckwheat plant.

Flavonoids

As you can see, it is not always easy to get an adequate daily dose of flavonoids. Black tea has caffeine and creates other problems. Diabetics cannot eat too much fruit. And very few people drink raw buckwheat juice. Still, the truth is that flavonoids, especially in combination with other nutrients, are such powerful preventive medicine for anyone with heart or stroke problems that it's wise to ingest them daily.

For more than 20 years I have been routinely recommending two or three products to people with heart or stroke problems. The products, produced from raw food source materials, are made by Standard Process Labs. They are **Cardio-Plus**, **Cataplex ACP**, and **Cyruta-Plus**. (Cyruta-Plus is suggested, in addition to the other two, for those who are also stroke-prone.)

Cardio-Plus is a combination of heart protomorphogen (heart tissue extract); a riboflavin-rich vitamin B complex, which serves as a relaxant to blood vessels; a raw, complete vitamin E complex, which serves to protect blood vessels from oxidation; and a whole vitamin C complex. **Cataplex ACP** has vitamin A and c, combined with vitamin P (bioflavonoids) from buckwheat juice, and more than 30 other raw ingredients. **Cyruta-Plus** is concentrated bioflavonoids product made from raw buckwheat juice.

This nutrition is hundreds of times more powerful than even flavonoid therapy alone (which experts now admit reduces the odds of stroke by 75%). A daily regimen of three to 12 Cardio-Plus tablets, three to six Cataplex ACP, and three to six Cyruta-Plus is genuine therapy for the heart, brain, and blood vessels. If you are on powerful drugs now, start a program of nutrition for at least six months. After that time, go back to your doctor to see if you still need the same amount, if any, of the drugs. You will not only be preventing disaster, you will also feel so much better, it will be hard to believe.

Health Alert- Healthy Heart Program