

# Good Health News

## Women Often Report Emotional Stress Prior To Heart Attacks

### Arterial Health: The Heart And Stroke Connection

Doctors, especially Cardiologists maintain that “you are only as old as your arteries.” They know that arterial aging wears out your brain, heart, kidneys and other organs as well as causing damage to hearing and eyesight.

If the blood-oxygen supply that travels through your arteries to your brain and other organs is reduced, your health and quality of life is reduced, if it ceases, you cease.

If your blood pressure is too high it means rapid wear and tear to arterial junctions and ruptures to delicate blood vessels including those that supply the brain, ears and eyes.

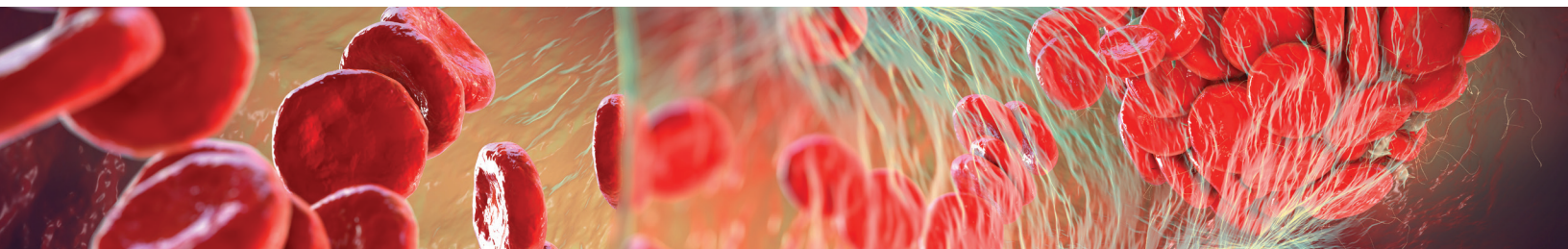
**Did you know that normalizing your blood pressure alone reduces your chances of developing Alzheimer’s by 50%?**

Good health and long life depend on healthy arteries. Many people don’t realize that damaged arteries are the reason they don’t have the same physical and mental abilities that they used to. Returning proper blood flow to areas that were previously restricted can relieve the related symptoms you have been suffering with. Even if you don’t realize you’ve been getting worse, over time you will certainly know you are improving and so will those around you. Oftentimes it is those around us that see our improvement, our increased energy and former complaints becoming a think of the past.

Keeping your arteries open, clear and smooth will have a most profound impact on all aspects of your health. Circulation is everything.

### Circulation Related Conditions

- Arteries - arteriosclerosis, vasculitis
- Bones - osteoporosis, arthritis
- Brain - stroke, Alzheimer’s, and Parkinson’s
- Ears - hearing loss, tinnitus
- Eyes - vision loss, retinopathy
- Genitals - erectile dysfunction, and infertility
- Heart - heart attack, atherosclerosis
- Kidneys - edema, diabetes
- Lungs - asthma, COPD, pneumonia
- Prostate - prostatitis, BPH
- Spinal Cord - back pain, paralysis
- Spleen - supports infection defense
- Veins & Vessels - varicose, thrombosis



### INSIDE THIS ISSUE ↓



**Women: Emotional Stress Prior to Heart Attacks**  
Page 2



**Words of Wisdom from Doctors**  
Page 2



**High Blood Pressure and Kidney Health**  
Page 3



**Practical Advice for Your Health**  
Page 4

## Women Often Report Emotional Stress Prior To Heart Attacks

### Did You Know...?

**Heart disease is the leading cause of death for North American women' accounting for 1 in every 4 female deaths, killing more women than all forms of cancer combined?**

Heart disease is also the leading cause of death among young women. No longer a "man's disease," more women than men now die of heart disease.

**Only 54% of women recognize that heart disease is their # 1 killer.**

Almost 65% of women who die suddenly of coronary heart disease have no previous symptoms. And over 90% of women have one or more risk factors for developing heart disease.

**FACT:**  
1 in every  
4 women (25%)  
die from a  
heart attack



### Women's signs prior to or during a heart attack:

- Anxiety or emotional stress
- Lightheadedness, dizziness, fainting
- Nausea or vomiting
- Upper back or chest pressure/pain
- Shortness of breath
- Pain in arms, neck, jaw or stomach
- Unusual or unexplained fatigue
- Sweating and/or anxiety

Women might not experience the most common sign of heart attack. If you have high blood sugar (diabetes) you may have no symptoms or very mild ones but your condition can be just as serious. If you have these symptoms get help now.

### Men's signs prior to or during a heart attack:

- Physical exertion
- Cold sweat or nausea
- Chest pressure or pain
- Shortness of breath
- Pain in arms, neck, jaw or stomach.

Men often Report Physical Exertion Prior to Heart Attacks

Heart disease is the leading cause of death for North American men' accounting for 1 in every 4 male deaths, killing more men than all forms of cancer combined. Heart disease is also the leading cause of death among young men and for men of most racial/ethnic groups in North America. Half of the men who die suddenly of coronary heart disease have no previous symptoms.

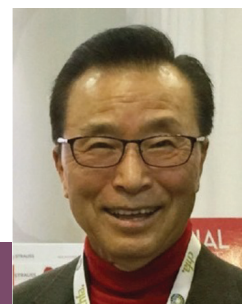
## Words Of Wisdom...

Years of operating a stressful business resulted in my declining health and increasing chest pain, blood pressure, and shortness of breath. I was sent to Vancouver General Hospital in September of 2016 for an angiogram. The results of the test were extremely scary. Angiographic report showed that eight of my main coronary arteries were dangerously clogged. (1-100% / 2- 90% / 3- 80% / 4- 70% 5- 60% /6-50% / 7-40% / 8-40%). The cardiologist warned me that I can have a have a heart attack at any time. He recommended immediate heart surgery so my name was added to the waiting list. While I was waiting I decided to try Strauss Heartdrops. I took it faithfully three times a day, and over the next months many of my heart symptoms

began to disappear so I cancelled the surgery which is very dangerous at my age. I recently had a follow-up exam and was told that I no longer have clogged arteries. Strauss Heartdrops are a miracle medicine for me. I can now walk up-hill easily, run fast, exercise, and go golfing without any symptoms. Thank you, John Yun

Former English Teacher,  
Pan Pacific College

**John Yun**  
Former English Teacher,  
Pan Pacific College



*"Heartdrops are a miracle medicine for me. I can now walk up-hill easily, run fast, exercise, and go golfing without any symptoms."*

## Words Of Wisdom...

I took the product off and on but after one year of consistently taking the Heartdrops at the full dose of 7.5ml per day I was re-tested and no stenosis was found in either the left or the right carotid arteries and both are completely cleared of plaque except for some minor residue in the right artery. I can attribute the positive changes in the carotid scan to my use of the Strauss Heartdrops. I will continue to take it and recommend it to anyone with Atherosclerosis.”

**Dr. Frederick Ankai-Taylor**



“I can attribute the positive changes in the carotid scan to my use of the Strauss Heartdrops.”



## How The Kidneys Are Involved With Every Breath We Take

We know that our heart and lungs work together to oxygenate the blood and remove toxins and CO2 build up in our system, but what we forget is that the kidneys are also directly involved. Every breath we take is monitored if you will, by these three organs, and all work together to maintain blood pH balance. When the lungs and heart are

unable to keep up to the task...for example, when the body is under attack, as in the case of when a bacterial or viral infection hits the lungs, the kidneys kick into high gear, and through metabolic pathways, compensate to balance blood pH of 7.4 This is an automatic compensatory mechanism.

## The Connection Between HBP And Kidney Disease

High blood pressure (HBP), also called hypertension, is often referred to as a “silent killer” because it does not signal any warning signs or symptoms, especially during its early stages of development. Consequently, many individuals go undiagnosed and become at risk for heart attack or stroke, two leading causes of death.

It turns out that HBP is an independent risk factor for atherosclerosis, whereby, arteries serving the kidneys (as well as the heart and other organs of the body) become thickened, hardened and narrowed by the build-up of plaque, restricting blood flow to the kidneys. Eventually the kidneys become damaged, impairing the ability of the kidneys to properly manage sodium and fluid levels and eliminate wastes and excess fluids, all of which causes the

blood pressure to rise. As the excess build-up of fluids increases in the blood vessels so does blood pressure causing even further damage to the kidneys, thereby, creating a dangerous pathophysiological cycle leading to chronic kidney disease (CKD).

The kidneys are heavily implicated in HBP in that they regulate blood pressure and blood volume via a series of reactions. Hence, it is crucial to keep the kidneys healthy and properly functioning, especially if you suffer from HBP.



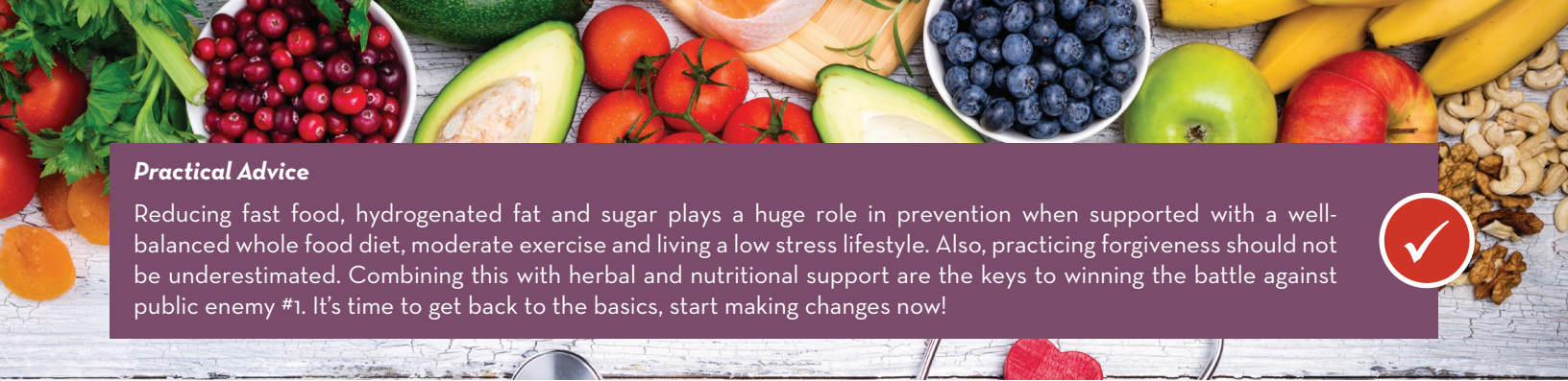
## Stress and Cardiac Arrhythmias

**The hearts of adults at rest usually beat between 60 and 100 times a minute.**

Cardiovascular health requires good heart rhythm. The master pacemaker in our heart sends electrical signals that stimulate the cardiac muscle and the heart to expand and contract to pump oxygenated blood throughout your body.

There is a link between stress, inflammation and the immune system, whereby the vagus nerve is involved. The vagus nerve plays a role in slowing down breathing and heart rate, promoting relaxation. Researchers have studied the effects on rapid heartbeats using vagal maneuvers which are typically used to slow down a rapid heartbeat. People who practice yoga utilize this method through breathing techniques.

We know that inflammation is at the root of most chronic diseases and reducing chronic stress can help with this. Implementing stress reducing methods into daily life is paramount in reducing this inflammation. Don't skip a beat and consider adding Cardio Calm to your daily routine.



**Practical Advice**

Reducing fast food, hydrogenated fat and sugar plays a huge role in prevention when supported with a well-balanced whole food diet, moderate exercise and living a low stress lifestyle. Also, practicing forgiveness should not be underestimated. Combining this with herbal and nutritional support are the keys to winning the battle against public enemy #1. It's time to get back to the basics, start making changes now!

**Our Hearts And Our Healthcare System Are Failing Us!**

Despite the billions spent on research, deaths by heart attack and stroke continue to climb<sup>1</sup>. Despite medical breakthroughs and the development of advanced testing methods, access to them is permitted or restricted - you may even have to pay for them yourself.

You will be shocked to learn that many general practitioners are simply not aware of or do not employ some of the new and gold-standard test methods available and still rely on the basic cholesterol test when research has shown that 75% of heart attack patients have normal cholesterol levels and recent studies show that those with high LDL (non-oxidized) actually live longer than those with low LDL<sup>2</sup>.

What good is a cholesterol test if all it is used for is to provide a basis for recommending statin drugs... which could be sending you to an early grave!

Dr. Okuyama, of Nagoya City University reports: "We have collected a wealth of information on cholesterol and statins from many published papers and find overwhelming evidence that these drugs accelerate hardening of the arteries and can cause, or worsen, heart disease"<sup>3</sup>. Dr. Peter Langsjoen, a heart specialist in Texas warns: "Statins are being used so aggressively and in such large numbers of people that the adverse effects are now becoming obvious. These drugs should never have been approved for use. The long-term effects are devastating". Dr. Langsjoen conducted research on 50 patients who discontinued taking statin drugs. Instead they supplemented with Coenzyme Q10 with no adverse consequences<sup>4</sup>.

"...these drugs accelerate hardening of the arteries and can cause, or worsen, heart failure..."

Prevention is the best medicine for a nation whose people are dying prematurely in huge numbers and unfortunately many of us are not being recommended or covered for an Echo-cardiogram, Coronary Calcium Scan or Carotid Artery Scan yet the results could be the wakeup call we need to make some important lifestyle changes before it's too late.

**More shocking research proves we are now showing signs of plaque buildup in our 20's.**

There are additional options...two new advanced blood tests are available from Life Labs in Canada that can help provide a clearer picture of your cerebrovascular and cardiovascular status. PLAC<sup>®</sup> Test (Lp-PLA2) - Lp-PLA2 is a biological marker for vascular inflammation, a condition associated with the buildup of plaque in the arteries.

Myeloperoxidase (MPO) - is an enzyme that is released when blood vessels are injured or inflamed. It is known as a pre-event marker where high levels signal a coming stroke or heart attack from the rupture of unstable plaque.



**References**

- 1 Starfield, B. (2000)'Is US Health really the best in the world?', JAMA, 284(4), pp. 483-485. doi: 10.1001/jama.284.4.483.
- 2 Ravnkov, Uffe, Malcolm Kendrick, and Sherif Sultan, e. Lack of an Association or an Inverse Association between Low-density-lipoprotein Cholesterol and Mortality in the Elderly: A Systematic Review. BMJ Open, 21 Apr. 2016. Web.15 June 2016.3 Okuyama H, e. (2016).
- 3 Okuyama H, e. (2016). Statins stimulate atherosclerosis and heart failure: pharmacological mechanisms. - PubMed - NCBI.
- 4 Langsjoen PH, e. (2016). Treatment of statin adverse effects with supplemental Coenzyme Q10 and statin drug discontinuation. - PubMed - NCBI.



Available at fine health food stores and natural pharmacies

1-866-478-2873 • info@straussnaturals.com

