Introduction

Known as ischemic heart disease, or IHD, the basic disease process that affects the coronary arteries is atherosclerosis. The interiors of the vessels become increasingly clogged with fatty deposits; consequently, the blood supply carrying oxygen becomes greatly reduced, resulting in compromised health.

Stress and High Blood Pressure

Stress and High Blood Pressure often seriously exacerbates artery disease. Consequently, any stress elements should to be identified and countered by lifestyle changes or by learning and practising relaxation techniques.

Hypnosis and subliminal programs may also be of value in reducing stress levels.

Moderate aerobic exercise can also help with stress relief.

Take active steps to reduce blood pressure.
Supplements

- Vit A - 10,000 iu daily
- Vit B-complex - containing 100 mg of B1 and B6, daily
- Vit B5 - 250 mg daily
- Vit C - 3 to 5 grams daily (up to 10 grams is the condition is acute to chronic)
- Vit E - 400 to 800 iu daily
- Coenzyme Q10 - 120 mg daily
- Zinc - 50 mg daily
- Selenium - 200 mcg daily
- L-Carnitine (amino acid) - 200 mg, 3 x daily; increasing after 1 week to 400 mg, 3 x daily
- Alpha-lipoic acid (amino acid) - 100 mg, 4 x daily
- Histidine (amino acid) - 1 gram, 3 x daily - take in conjunction with some of the daily Vit C
- Taurine (amino acid) - 100 mg, 3 x daily
- EPA (eicosapentaenoic acid) - 2 to 3 grams daily (available as Maz-EPA caps from health-food stores)
- Codliver oil - 1000 ml daily
- Bromelaine (Ananase) - 2 x tabs daily
- Salmon oil - 60 to 80 ml daily
- Garlic Tabs - 1250 mg up to 4 x daily; or Garlic oil - 25 mg daily
- Oil of evening primrose (Efamol) - 2 - 4 grams daily
- Lecithin granules - 2 x tablespoons daily (can be taken in juice or sprinkled on food), plus safflower oil - 1 x tablespoon daily
- Octacosanol - 6,000 mcg daily (chewable form preferably)
- Honey - 1 x tsp, 6 x daily
- Propolis - 1 x cap daily
- Cider Vinegar - 2 x tsp in a glass of spring water (not tap water), sipped through the day

Avoid

- Stress
- Being overweight
- Smoking
- Tobacco in any form
- Alcohol
- Coffee
- Refined Sugar and foods containing high levels of refined sugar
- Salt
- Contraceptive pills

Food to Lower Cholesterol

Include in the diet wherever possible:

- Aubergines
- Onion (raw and cooked)
- Garlic
- Yoghurt
- Pectin (apples, white pith of citrus fruit, etc)
• Soya beans

Diet

Maintain a whole-food diet, with the emphasis on raw fruits and vegetables, and their juices.

Raw Juice Therapy

Mix equal parts of:

• Carrot juice
• Beetroot juice

300 ml daily, of the above juice, is believed to be an excellent solvent for organic calcium deposits, and to act as an adjunct in high blood-pressure and heart disorders associated with "thickened" arteries.

Carrot juice is very therapeutic because of its high potassium content, which is necessary to the heart’s functioning as well as to all other cells in the body. Drink carrot juice and you will have feelings of vigour and well-being.

End

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