

Natural Help 4...

Heart Disease



What is Heart Disease?

Heart disease is the umbrella term used to describe a number of medical **conditions affecting the heart and the blood vessels** supplying the heart.

While many people seem to believe heart disease is an illusive ailment, it has become increasingly common. Statistics from 2007 have revealed that heart disease is **the number one cause of death** in the United States.

There are a number of conditions that fall under this term, including the following:

- Arrhythmias
- Cardiomyopathy
- Congenital heart disease
- Congestive heart failure
- Coronary artery disease (CAD)
- Hypertensive heart disease
- Inflammatory heart disease
- Valvular heart disease

Identifying the Differences between Types of Heart Disease

- **Arrhythmias:** These are irregularities of the heart beat which can either be completely harmless or extremely dangerous, increasing your chances of other heart problems.
- **Cardiomyopathy:** Also known as disease of the heart muscle.
- **Congenital heart disease:** This refers to a number of heart conditions that are present at birth and may be diagnosed antenatally, shortly after birth or later in the life of an individual.
- **Congestive heart failure:** This is a condition that can result from any heart-related problem that causes the heart to struggle to pump sufficient blood through the body. The result is that many of the body's organs are then deprived of essential blood supplies.
- **Coronary artery disease (CAD) otherwise known as coronary heart disease (CHD):** This is the most common type of heart disease which causes the arteries to harden and narrow (usually as a result of plaque build up), thus restricting blood flow to the heart. CAD is also the leading cause of angina and heart attacks.
- **Hypertensive heart disease:** Caused by high blood pressure.
- **Inflammatory heart disease:** An inflammation of the heart muscle and/or the tissue surrounding it.
- **Valvular heart disease:** This term refers to any heart disease involving one or more of the heart valves.

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Diagnosing Heart Disease

Each type of [heart disease](#) has **different symptoms**, although many of these symptoms may be similar.

Some commonly experienced heart-related symptoms which may suggest signs of underlying [heart disease](#) include:

- Angina: This is the term used to describe chest pain and discomfort often present in serious heart problems. Angina can be experienced as heaviness, pressure, aching, burning, fullness, squeezing or a painful feeling in your chest. It is often mistaken for indigestion or heartburn.
- Shortness of breath
- Irregularities in heart beat which can be felt as palpitations, or noticeable changes in speed of heart rate
- Dizziness or fainting
- Weakness or fatigue
- Swelling of your ankles, feet or abdomen (edema)
- Nausea or vomiting
- Cough or wheezing
- Cyanosis (a bluish tint to the skin, fingernails and lips)
- Sweating

What Causes Heart Disease?

[Heart disease](#) is caused by a number of factors. The **two categories of risk factors** are **major and contributing**. **Major risk factors** are those **proven to increase your risk** of a heart-related disease. **Contributing risk factors** are the ones doctors consider **can lead to [heart disease](#)**, although their exact role remains undefined.

Major risk factors in developing [heart disease](#) include:

- Diabetes
- Hypertension
- Smoking
- High cholesterol
- Lack of physical activity
- Obesity

Contributing risk factors in the development of [heart disease](#) include:

- Stress
- Birth control pills
- Sex hormones
- Alcohol

Help for Heart Disease

If you experience heart-related symptoms, it is **essential to seek medical attention** so that tests can be performed and the necessary treatment provided. If you ever feel that you may be experiencing a heart attack, take action as soon as



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

possible and call 911.

Many people have begun to turn to herbal and homeopathic remedies to **reduce the chances of heart complications**, and to help support heart health once problems have surfaced.

Herbs such as Crataegus oxyacantha (Hawthorn), Passiflora incarnate, Viburnum opulus and Ginkgo biloba have been widely used to promote heart health and **support the recovery of heart-related diseases**.

These ingredients not only act as tonics for optimal heart health, but also **assist in treating the underlying triggers** of many heart conditions such as stress and high blood pressure. [Heart disease](#) is often avoidable. A holistic approach of incorporating a healthy lifestyle with natural remedies can greatly support your heart and overall health.

Note: People already using prescription medication for cardiovascular conditions should not stop or change their medication without first consulting a doctor. Also remember that it is important to source natural medicines from a reputable company in order to ensure maximum safety and efficacy.

Tips to Prevent Heart Disease

Being aware of [heart disease](#) is important. While the statistics are high, developing [heart disease](#) can be **drastically reduced** by living a heart-healthy lifestyle.

Below are a few steps to help [prevent heart disease](#):

- Have your **blood pressure checked regularly**. Prolonged high blood pressure can dramatically increase your chances of developing [heart disease](#).
- **Don't smoke**. If you do, consider quitting smoking naturally.
- Maintain a healthy weight. Obesity is dangerous for the heart, so try and maintain a **stable, healthy weight**. A healthy diet, regular exercise, and a little help from a reputable weight-loss program can help you **achieve your ideal goal weight**.
- Learning to **manage stress levels** is essential. Stress puts unnecessary strain on the heart and the immune system, making it essential to take care of your emotional well-being. If stress is a problem, consider making necessary life changes or **adopting stress-reducing techniques** such as yoga, Pilates, or meditation.
- **Regularly check cholesterol levels**. High cholesterol is one of the leading causes of [heart disease](#) and heart attacks. Cholesterol clogs the arteries and restricts blood flow to and from the heart.
- Get tested for diabetes. If you are diabetic, be sure to **manage your condition** efficiently. Having diabetes raises your chances of getting [heart disease](#), not to mention other health concerns.
- Eat a **heart-friendly diet low in fats, salt, calories, and red meat, and high in vegetables, fruits and fiber**. Eating healthy does not have to be boring. Learn to use the numerous available resources that offer tips to preparing quick, tasty, and heart-healthy meals.
- **Stay physically active**. Try to find time in the day to fit in at least 30 minutes of exercise. An exercise routine is one of the best ways to keep your heart and mind in top form. It is advisable that you **consult with your doctor** before starting a new exercise routine.

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- It is recommended that **alcohol consumption be limited** to one drink a day, preferably with a meal. Studies have shown that red wine is an excellent source of antioxidants and may aid in preventing bad cholesterol (LDL) from forming. It is also believed that red wine may prevent blood clots and aid in reducing blood vessel damage that is sometimes caused by fat deposits.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic



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medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

High-Rite™ : Helps maintain healthy blood pressure, artery clarity and functioning and heart health.

High-Rite is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. High-Rite has been used for many years to safely **maintain health and systemic balance of the cardiovascular and circulatory systems.**

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

High-Rite contains a selection of herbs known for their supportive function in maintaining circulatory health and wellbeing. High-Rite can make all the difference, **without risking serious side effects** or compromising health.

High-Rite supports the healthy functioning of the cardiovascular system, thereby helping to **maintain balanced pressure of the blood on veins and arteries**, routine oxygenation of the blood to the heart muscle and pulse regulation.

The formula remains true to the **whole spectrum method**, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about High-Rite](#)

Aqua-Rite™ : Promotes water balance to maintain blood pressure, cardiovascular, liver and gall bladder health.

Aqua-Rite is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Aqua-Rite has been used for many years to safely maintain the health and **systemic balance of the cardiovascular, circulatory and fluid systems** in the body.

Aqua-Rite supports routine water balance in the body, thereby helping to support balanced circulation as well as the pressure of the blood on veins and arteries. Aqua-Rite can make all the difference, without compromising health and **without serious side effects**.

Aqua-Rite contains a selection of herbs known for their supportive function in maintaining circulatory health and well-being. It is formulated as a companion remedy for High-Rite, especially in cases where **water balance and healthy blood pressure** need to be supported in conjunction with each other.

Acting as a **natural water balancer**, Aqua-Rite also helps to support liver and gall bladder functioning and promote good circulation.

The formula remains true to the **whole spectrum method**, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Aqua-Rite](#)

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