

Heart Health

Harmony & Health

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Heart disease can be caused by a number of factors. Diet and Exercise play a vital role in heart health. Diet is the single most important step you can take to prevent heart disease, so supplementing that diet with herbal remedies is a wise move. Here are some great choices from NSP:

Co-Q10 - A potent anti-inflammatory and also has the ability to lower blood pressure by decreasing oxidative stress and insulin response. This supplement decreases chest pain and increases circulation to the brain.

Guggul— This Ayurvedic mixture of plant medicinals has the ability to lower bad cholesterol while raising the good cholesterol. It is also used to treat atherosclerosis.

Garlic - This pungent herb has been proven to lower blood pressure and improves the elasticity of the blood vessel walls. It acts as a natural blood thinner and is a great whole body tonic because of its antioxidant, anti-bacterial, antiviral, and antifungal properties.

Folic Acid - Highly recommended for pregnant women and also recognized as one of the most important heart supplements you can take. It effectively lowers homocysteine levels and decreases inflammation.

Hawthorn - An age-old herbal remedy that contains large amounts of flavonoids which help to strengthen weak blood vessels and stabilize capillaries. It is a great heart helper because it alleviates elevated cholesterol levels, high blood pressure, and chest pain.

MegaChel - a multiple vitamin with chelated minerals, antioxidants, herbs, and amino acids designed to supply maximum nutrition for the circulatory system, reduce free radicals, toxins and plaque. A great formula to strengthen and cleanse the cardiovascular system, often referred to as "Oral Chelation".

Solstic Cardio - An arginine-fortified drink powder essential for the body to keep the blood vessels dilated so that blood can flow properly. It provides amino acids to repair and build muscle, promote stamina and blood flow, and protect against premature cardiovascular aging. May be helpful with erectile dysfunction.

Blood Pressurex - supports the structure and health of blood vessels and encourages optimal blood flow. This formula contains herbs and the well-studied nutrient resveratrol. All of these antioxidant nutrients help protect blood vessels, promote peripheral blood flow, inhibit cell damage to the cardiovascular systems, and maintain healthy blood pressure.

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



Help Your Body Stay Healthy with Natural Remedies.