

Blitz for Heart Disease Wake up Call

Description

The Blitz is for hypertension, high blood pressure, high cholesterol and other heart symptoms, even if you are on medication for your heart.



With each meal take:

2 [Fiber tablets](#) or a serving of [Fiber Blend](#) (take this in the middle of your meal as it will do the most good with food in your stomach to pull the fat and cholesterol into the waste stream rather than allowing it to re-circulate)

2 Tablets of [plant stanols and sterols](#) (take before the meal)

2 servings of a natural emulsifier called [Lecithin](#)

2 [Garlic](#)

2 servings [fish oil](#)

1 [Magnesium](#) serving at night

These supplements aid any one with heart problems and are especially effective if you are eating a [heart healthy diet](#) (as recommended by the Mayo Clinic) and [getting exercise](#).

(Webmed's suggestions)

If you can't exercise for whatever reason, this regimen would still be helpful.



Date Created

February 24, 2013

Author

betsyjbell