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HEART DROPS

Hearth Drops is a nutritional supplement designed to provide your heart with the appropriate nutritional elements to help heal itself. The formula contains six critical herbs which specifically target common heart conditions, including:

- **Hawthorn Berries:** Traditionally hawthorn berries have been used for the treatment of heart conditions. They have the ability to support the heart by promoting the growth of new healthy heart muscle cells, particularly when taken over a long period of time. For this reason they help the heart recover from illnesses such as pneumonia and scarlet fever (which tend to weaken the heart). Hawthorn berries have the ability to lower blood pressure and reduce cardiac arrhythmia which makes them an ideal supplement for the elderly.
- **Dan Shen:** Dan Shen is known for its ability to reduce blood pressure, reduce coagulation (blood clotting) and for its sedative effect. In a clinical study of 323 coronary heart disease patients, more than 80% found Dan Shen to be effective in reducing or eliminating their angina, while a further 57% of these patients found positive benefits for their abnormal ECG readings (a device that measures abnormalities in the heart's rhythm). Dan Shen has also been used by traditional Chinese medicine for centuries. The Chinese believe that it is beneficial in treating "blood stagnation". (This manifests as palpable masses or as an enlargement of the liver or spleen.)
- **Motherwort:** Motherwort is ideal for those whose heart condition tends to be brought about by anxiety or tension. It is particularly beneficial for those who have heart palpitations, anaemia, cardiac weakness or hyperthyroid cardiac reactions (heart conditions brought on by over-activity of the thyroid gland). It has the ability to strengthen the heart without straining the muscle itself, which makes it both safe and effective.
- **Cinnamon:** Cinnamon has anti-clotting properties due to its effects on blood platelets. Blood platelets are small constituents that clump together when physical injury occurs, this stops excessive bleeding. Occasionally excessive clumping by blood platelets causes inadequate blood flow. Cinnamon reduces this effect by inhibiting the release of an inflammatory fatty acid known as *arachidonic acid* and reducing the formation of a communication molecule known as *thromboxane A2*. Cinnamon has also been exhaustively studied for its anti-bacterial and anti-fungal properties which provides an added benefit when used in this formula.
- **Cayenne:** With very high levels of vitamins A, C, calcium, potassium and the complete B-complexes, this herb is ideally suited for the heart. Cayenne has even been known to stop heart attacks within thirty seconds. One such case occurred in Oregon. A 90 year old man was found by his daughter after suffering a severe heart attack. After finding him, his daughter was able to give him cayenne extract. Paramedics pronounced him dead on the scene, but within a few minutes he regained consciousness. On the way to the hospital he remained in a semi-conscious state while his daughter continued to give him cayenne extract. By the time they reached the hospital he had fully recovered and was eager to go home. The doctor asked the daughter what she had given him, on her reply he said it was the closest thing to a miracle he had ever seen.
- **Co-Enzyme Q10:** This enzyme is found in strong concentrations in the cells of the heart. For the past fourteen years, countless studies have been conducted to work out the correlation between deficiencies in co-enzyme Q10 and heart disease. Many of these studies found that congestive heart failure and other heart muscle dysfunctions were strongly associated with deficiencies of co-enzyme Q10. This appears particularly true during the early stages of congestive heart failure, where many patients found that the consumption of this enzyme eliminated their condition.

Typical Dose: Five drops (or 3mls) up to three times daily or as directed by your health care professional. Always inform your health care professional about any other medications you may be taking for your condition.