

A Healthy Heart, Naturally!

Be mindful of your heartbeat rising! That is, stress. If you feel your heart getting stressed - pretend to need a bathroom break, or pretend to get a call / text you have to respond to, etc. something, just get yourself away from everyone, find a quiet place, and breathe for five minutes. Totally relax, center yourself, and then go back into the World.

For the heart, the best things are:

1. Aerobic exercise (most any other type of exercise simply doesn't help)
2. CoQ 10 (or CoEnzyme Q 10) strengthens the heart.
<http://www.iherb.com/now-foods-coq10-100-mg-90-vcaps/37834?rcode=cam780>
OR
<http://www.iherb.com/now-foods-liquid-coq10-4-fl-oz-118-ml/7088?rcode=cam780>
3. Salvia Miltiorrhizae (Dan Shen) is a powerful heart regulator.
<https://www.iherb.com/pr/Planetary-Herbals-Salvia-1-020-mg-120-Tablets/56304?rcode=cam780>
4. Joy makes the heart healthy. It makes the heart function better.
5. Daily, small amounts of bitter flavor, e.g. bitter greens or very dark chocolate.
6. Hawthorn berry (supplement) – to heal and protect the heart.
<https://www.iherb.com/pr/Now-Foods-Hawthorn-Extract-Extra-Strength-600-mg-90-Veg-Capsules/71700?rcode=cam780>
7. Kyolic Garlic generally a good idea for the heart.
<http://www.iherb.com/wakunaga-kyolic-total-heart-health-formula-108-100-capsules/4574?rcode=cam780>
8. Daily, Omega III's, from small fish is generally the best.
<http://www.iherb.com/carlson-labs-the-very-finest-fish-oil-orange-16-9-fl-oz-500-ml/7799?rcode=cam780>
OR
<https://www.iherb.com/pr/Crown-Prince-Natural-Skinless-Boneless-Sardines-In-Pure-Olive-Oil-3-75-oz-106-g/27584?rcode=cam780>
9. Most spices are good for the heart. Hot spices are best, but only in small to moderate amounts.

The heart does NOT like:

- Stress of any kind (esp. not sudden stress or frights)
- 'Heartache' and/or loneliness
- Caffeine or Ephedra (Ephedrine)
- The majority of pharmaceuticals, and most chemicals
- Too much inactivity
- Tobacco (or 'vaping' – even worse)
- Hard liquor