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IMPROVING CARDIO-VASCULAR HEALTH

Thermology Cardio-Vascular evaluation is meant to be a preventative tool. Cardiologist generally are not concerned until your carotid artery reaches a 75% level of stenosis (reduction of blood flow). This means only 25% of blood flow and oxygen is getting to your brain and is indicative of a pre-disposition to strokes. It is wise to be proactive at reversing this even at a 10% level of stenosis. The most common cause of stenosis of the carotid artery is heavy metal or chemical toxicity and elevated LDL cholesterol or low HDL cholesterol levels. For a more comprehensive view of exactly which metals are in your body you could do a hair analysis or Live Blood Analysis but even without these details you can be pro-active in ridding your body of these toxins with the following suggested supplements and protocols:

Before we explore how to detoxify from heavy metals it is important look at what you may be using or exposed to that is adding to your toxicity level, why spend time and money on detoxifying the body if you are continuing to be exposed. There are heavy metals in lots of products: Aluminum in underarm deodorant, in baking soda and baking powder so most commercial bake goods should be avoided. Aluminum poisoning is one of the main causes of Alzheimer/ Dementia. Most cans and even plastic boxes with chicken broth and rice milk are lined with aluminum. Amalgam dental fillings (the silver ones) are full of Mercury as is tuna fish canned or fresh. Lead is used to weld most of our household water pipes and most city water is full of chlorine and fluoride, known carcinogens, so consider using a good reverse osmosis water purifier at home. After you run a heavy metal test to see what levels you are at you can do more research into where these toxins are coming from so you can avoid contaminating yourself after all your work to get clean. This should include eliminating toxic chemicals household cleaning products, cosmetic products and work related chemicals.

Pure Body and Pure Body Extra Strength products work synergistically together to rid the body of heavy metals and toxic chemicals immediately by implementing an exclusive technology that uses water molecules as the delivery mechanism for a natural purified mineral Zeolite to cleanse cells. These products are based on the research of the Nobel Prize chemists, Dr. Peter Agre and Roderick MacKinnon who discovered valuable information about the water and ion channels of cells. Using proprietary sound wave technology, the Zeolite particles are sized in the nanometer range and suspended inside water molecules, using the unique ability of water to access our cells. Zeolite does not dissolve in water, so until now, there were limits to where it could go. This innovation in cellular health is the category-creator *Pure Body Extra Strength*.* Research shows Clinoptilolite Zeolite selectively binds to toxins including mercury, lead, cadmium, arsenic, radioactive particles, pesticides and volatile organic compounds, eliminating these substances from the body without harming the liver or kidneys in their elimination process. This zeolite is granted GRAS status by the FDA (absolutely safe and harmless even for pregnant women and infants). Over 200 toxic chemicals are now being found in human placenta affecting babies brain function and development as well as the fertility cycle in women.

To reverse the damage from the gooey build up of plaque the can clog the blood stream take high anti-oxidants such as N-Acetylcysteine, Reduced L-Glutathione, PQQ or Pyrroloquinoling Quinone and CoQ10 . They are sensitive to the stomach acids so should be taken on an empty stomach and in a enter-coated form to bypass stomach acids that can destroy their effectiveness. Vitapulse ™ is my recommendation for a comprehensive supplement.

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I.V. Chelation: Other options are for ridding the body of heavy metals is I.V. Chelation Therapy, which is a drip of amino acids, vitamin C and EDTA for Chelation. Research shows that the last half-hour of a three hour session of the IV drip Chelation therapy is when the most elimination of the heavy metals are released from the body (Research by Dr, Philip P. Hoekstra, III). If a patient has a history of kidney stones or weak kidneys this method, which should only be offered under a doctor supervises, should be accompanied by frequent urine tests. It is rather time consuming and costly at about \$3,000 to \$6,000 for an effective series. Both oral and IV Chelation can cause bone density problems and should be accompanied with a diet high in mineral or supplementation with this program.

Oral Chelation can be self administered: I supervised a research project using Extended Health's product Oral Chelation and Longevity (essential minerals replacement). The results of this research have proven to reduce the level of stenosis 20% in 6 months in 80% of patients. This type of Chelation is also stressful to the kidneys so drink lots of water and if you still have pain in the kidney's (located in the back just at the bottom of the rib-cage) during this cleans even while drinking lots of water, then stop taking the supplements and use an Infrared Sauna while hydrating with Vitamin C in water to detoxify from the heavy metals. Be sure to continue with a diet high in mineral or supplementation..

Infrared Sauna is also an option for detoxifying from heavy metals or chelating your body. Before taking the sauna it is essential that you make sure your colon is clean via a colonic or enema and you are sufficiently hydrated. The Lymph System gets the water to flush it out by absorbing it from the colon so if the colon is backed up with sluggish waste your body cannot detoxify properly. Drinking a large glass of celery/apple juice or one packet of Emergen-C® in 10 ounces of water will help balance your electrolytes so your body will be more willing to eliminate the toxins. Using Vitamin C with bioflavonoid found in the white portion of citrus fruit and will help in achieving good vascular tone and heal thrombophlebitis or varicose veins.

Exercise Daily: The heart itself is a big muscle and needs to be exercise daily. Brisk walks in nature with deep breathing for 30 to 40 minutes a day will tone that heart muscle and give it strength. Try to avoid overdoing a workout one day then not working out for longer periods of time. Even and consistent workouts are best to build stamina.

Avoid Stress: The statement "stress is a killer" is because long term stress and adrenal exhaustion is the cause of high blood pressure, inflammation throughout the body (due to the drop in cortisol levels) and eventually heart disease. If you feel that you are under a lot of stress on a regular basis then try to restructure your life to have an entire day off without any demands at least one day a week, a mental health day! Get out in nature, wiggle your toes in the grass or go swimming. If not then create down time before bed with a hot aroma therapy bath or something you consider healing and relaxing away from TV and electromagnetic fields and certainly turn off all WiFi and electro-magnetic fields in your vicinity while sleeping. There is research presented from Switzerland, that if you take 20 minutes in the late afternoon to put your feet up and rest the rate of heart disease goes down 35%.

Monitor Weight: Research shows that being overweight adds undue stress to the heart and vascular system, causing it to work twice as hard to send nutrient and oxygen rich blood to every cell in the body and carry off toxins like carbon monoxide and dead cells in order to be eliminated. Monitoring weight

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by getting sufficient exercise and eating a healthy diet high in green leafy and colorful vegetables in abundance, whole grains, nuts and seeds as well as lean meats or other protein sources that are chemical free (organic GMO free) will lend itself to a happier healthier person. Eat live whole foods rather than denatured, processed foods with too much sugar or salt or drinking soda. These changes are essential to create a healthy heart.

Sixteen foods that can help clean out the artery congestion:

1. Salmon (wild caught - not farmed where you don't know what they have been fed.
2. Cheese and butter (organic cultured cheese from grass fed cows)
3. Olive Oil (be sure it is 100% pure olive oil -many brands coming from Italy have been diluted with Canola oil).
4. Green Tea
5. Asparagus
6. Broccoli
7. Spinach
8. Turmeric (as a spice and supplement is anti-inflammatory)
9. Seaweed
10. Avocado
11. Pomegranate
12. Cranberries
13. Oranges and fresh orange juice
14. Persimmon
15. Watermelon
16. Nuts



About the Author: Nancy Gardner-Heaven TMT is board certified as a technician of Medical Thermology, at Auburn University by the American Academy of Thermology. After Studying to be a surgical nurse at Stanford University, she continued her education in Nutrition and Preventing Disease at The America College of Advancement in Medicine. She has been offering classes on the prevention of disease at San Francisco State University, UC Berkeley and the University of Hawaii at Hilo for the last 15 years. She is currently the director of

Thermo-Tech Inc. offering Breast and Full Body Thermography Screening in the numerous locations for the last 25 years.

For more information about Thermography for a view of the carotid artery with a screening location near you visit www.HealthyBreasts.info and look under <Up-Coming Mobile Thermography Screening Events Time-Line>.

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