

Thermo-Tech Inc. IMPROVING CARDIO-VASCULAR HEALTH

Using Thermal imaging to evaluate the level of stenosis of the carotid artery is the most accurate non-invasive tool available to monitor this condition. 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 protocol:

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 canned foods 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. Other choices like DHEA, EDTA, as an IV or as Oral Chelation can deplete the body's own minerals and for post menopausal women this is something that should be avoided. This doesn't happen with Pure Body products. Both Pure Body drops taken orally to cleans the G.I. tract and Pure Body Extra Strength spray should be taken daily as directed for the most effective detoxification. It has been third part tested to be safe even for new born infants and pregnant women.

To reverse the damage to the heart 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 found in Vitapulse™. They are sensitive to the stomach acids so should be taken on an empty stomach. .

Infrared Sauna: A safe 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. See article: *Instructions on High Enema*© 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 water or celery/apple juice will help balance your electrolytes. Using Vitamin C with

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bioflavonoid found in the white portion of citrus fruit and will help in achieving good vascular tone and also heal thrombophlebitis or varicose veins.

Exercise Daily: The heart itself is a muscle and needs to be exercised daily to strengthen it. Brisk walks in nature with deep breathing for 30 minutes a day will tone the 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: 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 or Epsom salts bath or something you consider healing and relaxing away from the stimulation of TV and electromagnetic fields. Research from Switzerland shows if you take 20 minutes in the late afternoon to put your feet up and rest the rate of heart disease goes down 35%. See Article: *Healing Adrenal Burn-Out*©. Make a habit of turning off all WiFi and electro-magnetic fields in your vicinity while sleeping.

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 by getting sufficient exercise and eating a healthy diet high in green leafy and colorful vegetables in abundance, 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, carbohydrates, salt or drinking soda. These changes are essential to create a healthy heart.

Foods Clean Out the Arteries: Wild-caught salmon, organic cheese and cultured butter from grass fed cows, olive oil (be sure it is 100% pure olive oil, green tea, asparagus, broccoli, spinach, turmeric, seaweed, avocado, pomegranate, cranberries, oranges and fresh orange juice, persimmon, watermelon and nuts.

This article is intended to educate as to the various options available to heal the body and in no way is intended to take the place of a doctor's advice or treatment of disease.



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 as a surgical nurse at Stanford University, she continued her education in Nutrition and Preventing Disease at The American College of Advancement in Medicine. She was the founder and director of Optimum Health Clinic Inc. in San Rafael, California educating patient's on how to stay healthy for 35 years, before retiring. She taught about disease prevention at San Francisco State University, UC Berkeley and the University of Hawaii at Hilo. She is currently the director of Thermo-Tech Inc. offering Breast and Full Body Thermography Screening in the numerous locations for 25 years.