

HEART

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Definition

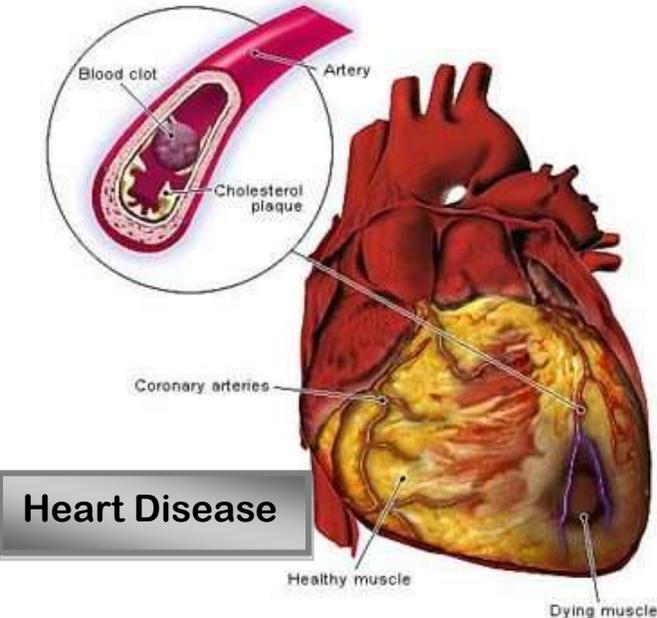
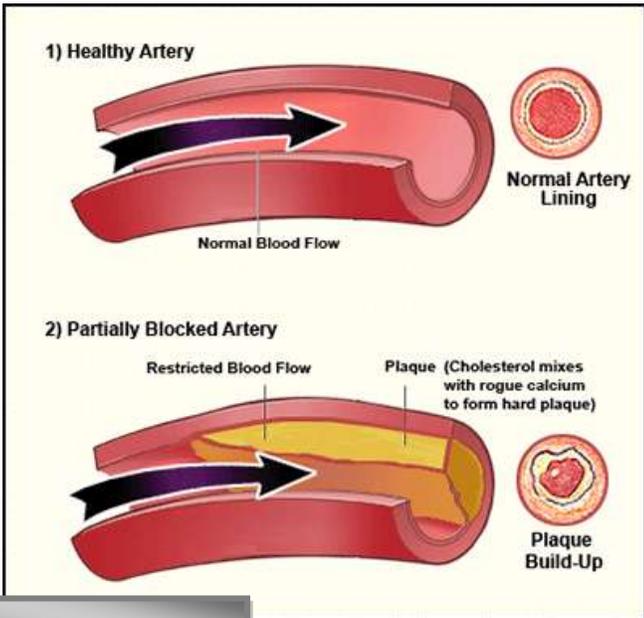
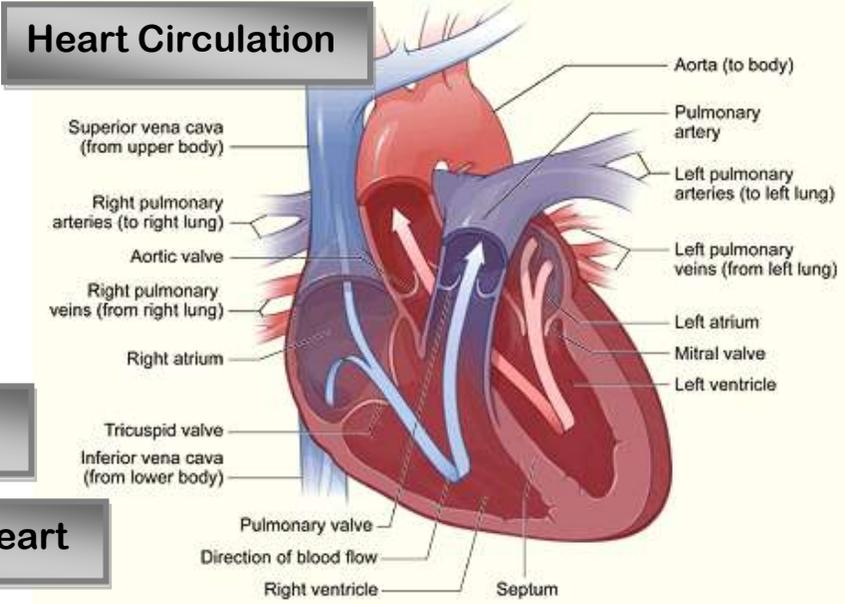
Heart Attack

Palpitation

Heart Weakness

Stress on the Heart, etc.

How to Strengthen the Heart



Heart Disease

Cholesterol

Herbal Aids



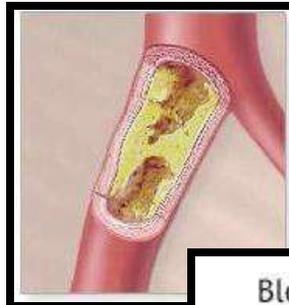
Cayenne for Heart Circulation:

Take cayenne, working up to a teaspoon three times a day. This increases the power of the heart and corrects the circulation problems



Wheat Germ for Cholesterol and Heart:

Wheat germ oil is excellent for feeding the heart and helps cut the cholesterol and smoothens its removal from the area.



Blockage in right coronary artery



Heart Trouble, Palpitation.

Make a decoction of tansy by simmering the herb 10 minutes.

Take 2 fluid ounces 4-5 times daily.



Motherwort Vies for the Honor of Being the Best Heart Tonic Known.

It calms and supports the heart and nerves, and may be used in large doses.

Motherwort is beneficial as a healing tonic in recovery from debilitating fever where other tonics are inadmissible; it is a good diaphoretic.



Heart Tonic

Formula: Hawthorn Berries, Motherwort, Red Clover, Cactus Grandiflorus, Golden Seal, Garlic, Ginger, Cayenne,



The Hawthorn Berry is known to be "Heart Food" strengthening and nourishing the heart muscle. Red Clover and Garlic have proven themselves as potent and effective heart and circulatory medications, especially in thinning the blood which alleviates high blood pressure and reduces the risk of blood clots in the blood. Both these reduce the risk of heart attack. Motherwort is used as a general "fix all" cardiac tonic. It exhibits strong influence over the regularity of the heart beat. Cayenne & Ginger aid in the body's over all circulation.

Heart Weakness:

Scullcap combined with Cayenne and Golden Seal cannot be surpassed.

Heart Palpitation:

Administer Hot **Valerian** with **Cayenne Pepper**.

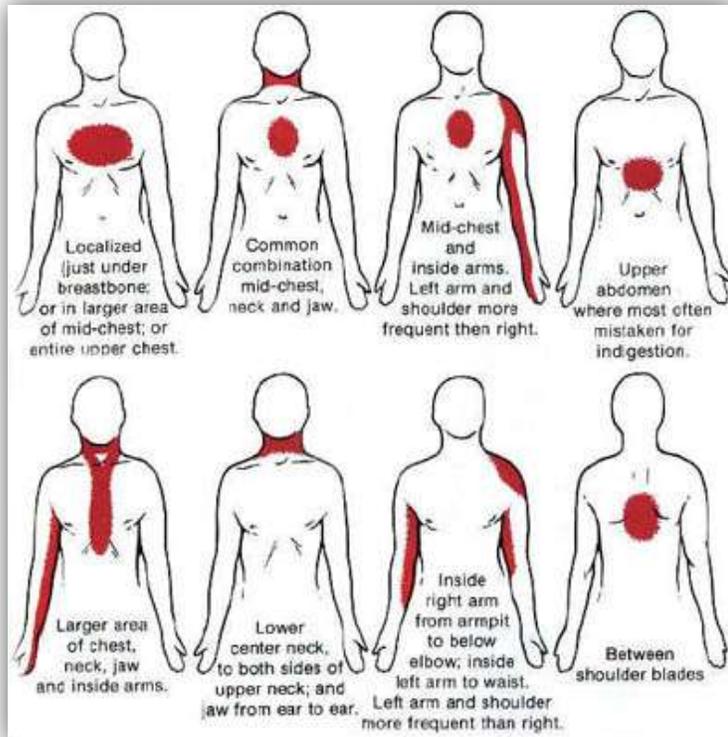
Heart Attack:

Prop up the patient and pour hot cayenne tea down, (use a teaspoonful of cayenne in a cup of hot water), and have the patient drink the full cup.

The attack will stop immediately.

We have been called in the middle of the night so many times. A teaspoon of cayenne should bring the patient out of the heart attack.

In case cayenne is not around and you have a heart attack, the dosage on **BLACK PEPPER** can be tripled and used.



Hawthorn Berries to Build and Strengthen the Heart:

The heart is our life pump, and when it is not properly fed (with wholesome foods) it suffers malfunction (weakness and heart attacks) causing the heart failure condition that is one of the world's greatest killers.



The mucusless diet used over a period of time can rebuild a heart to a good strong condition, but if the heart, its valves, and other working parts are in a weakened condition and need quick help we use a great "heart food or tonic" to assist it back to health.

This food is the hawthorn berry. This herb is claimed to be a curative remedy for organic and functional heart disorders such as dyspnea, rapid and feeble heart action, hypertrophy, valvular insufficiency and heart oppression.

Recommended dosage Hawthorn berry Extract is one half teaspoon three times in a day.

Dr. Shook's High Blood Pressure Formula

Formula: Valerian Root, Licorice Root, Buckthorn Bark, Speedwell Herb, Linden Flowers, Rue Herb, and Goldenrod

This Herbal Combination assists the body as it clears the underlying reasons causing elevated blood pressure.

Valerian Root has a beneficial effect on the heart and on blood pressure. One man felt "jittery and woozy" taking his blood pressure medicine and asked an herbal practitioner for something to help him. He didn't say that he was going to stop taking his medicine but a few weeks later, he said that he had been to his doctor, and that his blood pressure was down to normal. He didn't have the nerve to tell the doctor that he had stopped taking the medicine and was drinking a tea composed mostly of Valerian and Hawthorne. Valerian helped a retired Army captain with a long standing heart condition who had taken all kinds of medication. After taking Valerian he reported that nothing had helped him more than the herb.

Licorice Root: The herb's key therapeutic compound, glycyrrhizin (which is 50 times sweeter than sugar) exerts numerous beneficial effects on the body, making licorice a valuable herb for treating a host of ailments. It seems to prevent the breakdown of adrenal hormones such as cortisol (the body's primary stress-fighting adrenal hormone), making these hormones more available to the body.

Buckthorn Bark: One of nature's most powerful blood purifiers.

Speedwell Herb: Diuretic, expectorant, stomachic, tonic. Although speedwell has a reputation, especially in Europe, as a healer of all illnesses, it is used primarily as an expectorant for respiratory problems.

Linden Flowers: Aids in lowering elevated blood pressure. High blood pressure often causes heart problems. When we live with chronic stress for extended periods, the musculature surrounding the arteries can become permanently contracted. This means that the opening through the artery is narrowed and the heart has to pump harder to get the blood through. Linden has gentle, relaxing properties that make it an excellent remedy for long-term stress, especially when it is affecting the cardiovascular system. The long-term use of the tea is required for regulating blood pressure.

Rue Herb: Strongly stimulating and antispasmodic

Goldenrod: The goldenrod is considered to be the most effective herbal treatment for urinary tract disorders of all kinds. Goldenrod is employed to treat or alleviate severe ailments like nephritis as well as more common disorders such as cystitis - it is used as an herbal remedy in most urinary tract problems. Goldenrod remedies are also reputed to aid the body in eliminating kidney and bladder stones.



Dr. Christopher's Adrenals Formula

Compensates for Stress Placed on Heart from Adrenals

Contains: Mullein, Lobelia, Siberian Ginseng, Gotu kola, Hawthorne berries, Cayenne, and Ginger

As this formula corrects any imbalance in the adrenal gland it also compensates for any stress placed on the heart.



Juices for Functional Heart Troubles:

Carrot, cucumber & cabbage, endive, carrot & spinach, apple



Testimonials

A New Life through Proper Diet and Herbs

Not long ago, we had an experience that we will not forget for a long time. A gentleman came to visit us on his way through the area with his wife, and when we saw him the previous year on a business deal, he was so bad that rigor mortis had almost set in. In fact, the medical doctors had refused to give him any more medication. He had a heart condition that had gone into dropsy, and his blood pressure was so high that he was just tottering around. There was so much mucus in his body that the tissue was completely loaded to suffocation. At the time, knowing of my profession, he asked what could be done. We started him off with a very simple procedure: We put him on nutritional herbs (fruits and vegetables--our Regenerative Diet) and on Medicinal herbs.



Now, a year later, the man had just finished 8,000 miles of touring! He had the finest skin-color you ever saw, and it was a thrill to see a man so full of pep and energy. Tears dropped from his eyes in our meeting, because he was so happy to be alive. These are times that make it worth all of the trouble we have suffered to assure others (seeking vibrant life today or in the future) and to have the legal right to use and obtain healing with medicinal herbs. And here is a living example of our chief message that health begins in the bowel, for when the colon is clean, when we are free from the morbid matter that is toxifying and defiling the

system there, then the system can be fed properly, and we begin to live!

Hawthorn Berry Stops Heart Attack:

One doctor who had learned the formula for Hawthorn berry from Dr. Christopher raised his hand after a lecture to tell the following story. He had gone on a house call in response to a call about a heart attack, one so serious that the family was afraid that death was imminent. The doctor had no cayenne in his bag and the family had no cayenne; the



doctor began to panic. He remembered that he had a bottle of Hawthorn berry with him. The usual dose is a half-teaspoonful, but the doctor thought a little more might help, so he gave the patient a full tablespoonful. The patient drank it down, sat right up, and said, "Well, I feel okay". The doctor checked him with the stethoscope and the heart sounded alright. As the doctor said, "Talk about quick relief!"

Hawthorn Cures Lifelong Heart Problems:

During the second World War a man had been accepted to work in a large chemical depot. The firm had hired him because he was physically unfit for military service--he had a heart leakage--and they were short of manpower. They placed him in their construction division without a physical examination when he was sixty-two years of age, and he worked for them until he was sixty-five years old. He had begun using this heart tonic when he was sixty years old, using it faithfully because, according to him, it tasted good. Now he was sixty-five years old and the war came to an end. He was called into the company's main office, where they complimented his work record and asked him if he would remain as an employee. He wanted to, but feared the necessary physical examination. He finally agreed to take the examination.



You may imagine his surprise when he found that he had been given a clean bill of health. He asked the doctor, "What about my heart leakage?" The doctor replied, "I wish I had a heart as good as yours. You should never worry about dying from a heart attack; in fact, if you don't get hit by a truck or lightning you will probably die quietly in your sleep from old age and won't even muss up the covers." This man worked several more years at the plant, retired, and then lived on until he was in his eighties.



On a July evening in 1970, he went to the rodeo with his family and enjoyed the evening like a kid as he watched his son ride and perform. The next morning one of his sons came over to his home and found his father lying peacefully in his bed. He had passed away with his hands folded over his chest and, just as the doctor had predicted, the covers were not even mussed up. **No heart attack, just the final sleep of old age.**

Wheat Germ Oil Saves Man: I remember an incident well over twenty years ago when I was called upon to visit a home in Idaho to see a patient who was lying helplessly in a bed with a severe heart condition. He was not even allowed to get out of bed to use the bathroom and how he hated that bedpan! His family had been informed that he would live a few days because of his heart and they were also told that another attack might suddenly take him at any time. This gentleman was from the old school of eating--a meat, potato and gravy man. He ridiculed the idea of a mucusless diet, a cleanse program and the use of cayenne, saying, "I love eating the way I have always eaten and would rather die early with a belly full of steak than live your way." Knowing that he was a cattle man I asked him what he did for his sick cattle. He explained that experience had taught him that the best medicine for sick cattle was wheat germ oil and he purchased it in large drums to supply his herds. I asked him if there was any reason, seeing that the wheat germ oil was good enough for his prize stock, why he himself could not use the same procedure. He was then instructed to use three to six tablespoons of the wheat germ oil each day.



One day two years later as I was waiting in the lobby of a Salt Lake City hotel I saw a man run up the front steps in great haste and into the lobby where I was sitting. When he saw me he came to a screeching halt, yelled my name, and vigorously extended his hand to me.



"Bet you don't remember me," he said. "I am that 'dying' heart patient in Idaho you saw a couple of years ago. I took that 'cow oil' (wheat germ oil) and in a few days was up and around; in a few weeks I was out on a little business and in six months was out with the cattle, doing a hard day's work. Boy, am I a ball of fire today. Thanks Doc."

His thanks meant much more to me than any money I had been paid to make that house

call.

Man Recovers Totally from Heart Attack: I have some friends where the wife was using some herbs, with good results, but her husband did not believe in them at all. One day he had a heart attack and was in the hospital for two weeks and was then sent home to rest. He was given an appointment to come back for tests such as the tread mill and that he may have to have a very dangerous surgery. His wife finally talked him into taking Cayenne and Hawthorn syrup. In slightly less than one week he went to the doctor. He went the full length of the tread mill without it even slightly affecting the heart. They then told him they had never seen such clean arteries.

One month later he went back for another check up and he was told that in the fifteen years they had been treating him, he had never had his heart beat been so strong.

