Symptoms of a stroke
#3 Killer

- Numbness or weakness in face, arm or leg
- Trouble speaking or understanding
- Unexplained dizziness
- Blurred or Poor vision in one or both eyes
- Loss of balance
- Difficulty swallowing
- Severe, abrupt headache
- Confusion
- TIA's Transient Ischemic Attacks
- Unconsciousness
Types of Stroke

1. Hemorrhagic Stroke (the vessel leaks or ruptures, causing blood to leak into the brain) 17%

Health of Blood Vessels

- Vitamin C → Bioflavinoids → Rutin
- Natural Sodium
- Adequate amount of Fats or Cholesterol
- Vitamin E
- Vitamin A & D
Plaque or Clot can get clog a blood vessel stopping blood flow

Stroke and Heart Attack Prevention

Types of strokes (cont.)
2. Ischemic Stroke (the vessel clogs) 83%
   - Blood clot
   - Plaque

Symptoms of a Heart Attack #1 Killer
- Chest discomfort
- Discomfort in upper body especially arms, neck or jaw
- Shortness of breath
- Cold sweats
- Nausea
- Trembling feeling in legs
- Confusion
- Unconsciousness
- Death
Causes of Heart Attack

1. Coronary emboli
   From a Clot or a mass of bacteria

Preventing Blood Clots

- Liver function / Triglycerides
- Liver function / Lack of Vitamin E
- Inherited liver disease /
- Atrial Fibrillation
Arrhythmia
- Magnesium/Potassium balance
  1. A fib – lacking Magnesium
  2. Low T wave – Lacking Potassium

Lacking Magnesium
- Crave Chocolate
- Crave Coffee
- Heart flutters
- Cool legs and buttocks
- Calcium deposits
Lacking Potassium

- Crave Potato Chips
- Retain Water
- High Blood Pressure
- Bags under eyes
- Tachycardia
- Poor Kidney Health
- Fluid in Lungs / Congestive Heart Failure
- Anxiety or Adrenal Problems

2. Plaque
   - Inflammation
   - Lack of Rutin

3. Harding of Blood Vessels

- NaCl (salt)
- Sodium Bicarbonate
- Lack of Sodium
- High Blood Pressure
- pH imbalance
- Tannic Acid
- Tobacco Products
- Dehydration
4. Anaphylaxis

- Allergy
- Liver
- Trapped Chi

2. Severe spasm of the coronary artery (believed to be a type of anaphylaxis)

Work with liver and allergies
Care and Feeding of the Brain

**DO’s**
- Fatty Acids and Cholesterol 70% (natural health thinners)
- Capsicum (helps circulation and helps prevent bleeding)
- Vitamin C, A, D and E
- Nourish the Liver
- Butter, eggs
- Niacin
- Gingko
- Water

**DON'Ts**
- Inhale impurities
- Take unnecessary chemicals
- pH imbalance
- Use excessive NaCl
- Let A fib or High Blood Pressure go untreated

Care and Feeding of the Heart

**DO’s**
- Calcium
- Magnesium
- Potassium
- CoQ10 (70)
- Hawthorn
- L-carnitine
- Keep triglycerides down
- Support the liver
- Vitamin E
- Mega-Chel
- Chickweed

**DON'Ts**
- Homogenized or Pasteurized Milk
- Abuse NaCl intake
- Ignore symptoms
- Be inactive
- Carry excess weight
- Take Statin Drugs
- Use Canola or Margarine
- Release or avoid stress
- pH imbalance

The Liver Causes Heart Attacks by Dr W.P. Neufeld, MD
Care and Feeding of the Liver

DO's

• Eat Bitter foods
• Asparagus, zucchini and dandelion
• Liver Cleanse
• Eat a healthy diet
• Keep Bowels and other eliminating systems working at peak performance
• Milk Thistle
• Whole grains
• Raw Vegetables and fruits (enzymes and fiber)

DONT's

• Prescription drugs (by patches, pills, liquid or shots)
• OTC drugs
  (Especially tylenol type drugs)
• Recreational drugs (Cigarettes, alcohol and illegal drugs)
• Antifungal drugs
• Formaldehyde (found in foam rubber, plastic wrap, rugs, dyes and cloth)
• Aerosol sprays and cleaners
• Bug sprays
• Paints
• Lice shampoos
• Tattoos & body paints
• Food additives, flavorings and preservatives
• Insecticides & herbicides

DONT's (cont)

• Virus (Especially B & C although there is A – G (F being man made) and Mononucleosis
• Fats (margarine the worse offender) and supplements A, D, E, flaxseed oil, olive oil, coconut oil, Evening primrose oil, Hemp oil, Krill oil, Omega 3 Fish oils, Borage oil, Black currant oil, etc. taken without a protein.
• Too many carbohydrates
• Environmental toxins, including inorganic copper and heavy metals
• Lack of Iron, B-12, copper, lecithin, Fiber and UV light
• Working the grave yard shift 11 PM till 7 AM
Ignore Your Good Health Long Enough and Maybe it Will Go Away