

# Lowering Blood Pressure...Naturally

Heart disease is still our #1 killer disease in America. Following a good prevention program of exercise, a diet high in fiber & keeping cholesterol levels at 180 or below can significantly reduce our risk. The following supplements may also help...

## [CoQHeart -Promotes a healthy heart, and is essential for energy generation & antioxidant protection.](#)

However, CoQ<sub>10</sub> levels decrease with age. In clinical studies, CoQ<sub>10</sub> has compensated for immune deficiencies caused by aging or disease. CoQHeart combines the power of CoQ<sub>10</sub> & Resveratrol (anti-oxidant) for heart health - Shaklee's CoQHeart is up to 500% more than any dry tablets on the market. Clinical studies show that CoQ<sub>10</sub> improves some forms of heart disease & may protect against neurodegenerative diseases.

- Helps prevent LDL cholesterol oxidation
- Inhibits the release of histamine, a major aspect of allergies
- Meets body's daily usage with just one bioavailable capsule

[OmegaGaurd - To help maintain cardiovascular health.](#) Dr. Bruce Miller calls EPA nature's Teflon because it makes arterial walls more slippery & red blood cells more flexible, thus improving blood flow. This means the heart does not have to pump as hard to move blood around, which reduces blood pressure. Omega-3 fatty acids, like those in fish, play a role in forming certain prostaglandins - hormone-like substances associated with cardiovascular health. EPA is a natural marine lipid concentrate that helps reduce risk factors for heart disease, helps lower cholesterol, triglycerides & elevated blood pressure. It's also a natural anti-inflammatory.

[Garlic Complex - Premium Garlic, Rosemary & Spearmint help maintain healthy cholesterol levels.](#) Garlic has a strong reputation for combating bacterial infections, especially throat, ear, chest, mouth, diarrhea, bronchitis, & sinus problems. It helps fight high cholesterol, high blood pressure, edema, & blood that clots too quickly. Garlic is also a powerful antioxidant that can also slow or kill many types of fungi & bacteria

[B-Complex - The complex B vitamins is one of the most effective treatments for high blood cholesterol/high blood pressure & helps prevent heart disease.](#) B vitamins are depleted with stress, caffeine, and nicotine - all contributors to high blood pressure. It is also needed for proper circulation, healthy skin & nervous system, & the metabolism of carbohydrates, fats & proteins. B-complex also helps reduce homocysteine levels (a serious factor for heart disease). An accumulation of homocysteine in the blood stream can lead to damaged arteries. [This nutrient is on sale through February - just for the heart of it!! Buy one and get the second 50% off!!](#)

[Osteomatrix - Provides you with 100% of your daily value of calcium.](#) Often recommended for: arrhythmia (irregular heart beat), promoting colon health, lowering blood pressure and regulating heartbeat and more recently weight loss.

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