

# **Pod Cast Survivor Stories: Humans and Pets in all stages of Heart Disease: <https://www.buzzsprout.com/1497163>**

**More stories: [https://blog.essense-of-life.com/Heart Disease-survivor-stories/](https://blog.essense-of-life.com/Heart-Disease-survivor-stories/)**

## **High pH Therapy Recommendations**

### **DISCLAIMERS**

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prevent any disease. Please consult your health care provider before beginning any new nutrition program.

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## Cardiovascular disease treatments

Also called: heart disease

Treatments vary widely and can include lifestyle changes, medications, surgery, stents, pacemakers, and ablation.

### **MOST COMMON TYPES**

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#### Coronary artery disease

Treatments include lifestyle changes, medications, angioplasty, and surgery.

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#### High blood pressure

Eating a healthier diet with less salt, exercising regularly, and taking medications can help lower blood pressure.

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#### Cardiac arrest

This medical emergency needs immediate CPR or use of a defibrillator. Hospital care includes drugs, an implantable device, or other procedures.

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#### Congestive heart failure

Treatments can include eating less salt, limiting fluid intake, and taking prescription medications. In some cases a defibrillator or pacemaker may be implanted.

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### Arrhythmia

If needed, treatment includes anti-arrhythmic drugs, medical procedures, implantable devices, and surgery.

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### Peripheral artery disease

Tobacco cessation, exercise, and a healthy diet are often successful treatments. When these changes aren't enough, medications or surgery can help.

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### Stroke

Early treatment with medications like tPA (clot buster) can minimize brain damage. Other treatments focus on limiting complications and preventing additional strokes.

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### Congenital heart disease

Treatments include medications to lower blood pressure and control heart rate, heart devices, catheter procedures, and surgery. Serious cases may require a heart transplant.

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# Heart Disease Patient Education Resources

The fact sheets and handouts below can help your patients understand the risk for heart disease and the conditions that lead to it. These resources can also help them find ways to make healthy lifestyle changes.

## Fact Sheets

### [About Heart Disease](#)

Find resources and downloadable fact sheets about heart disease and related conditions. The term heart disease refers to several types of heart conditions.

### [American Heart Month Toolkits 2023](#)

Check out our American Heart Month partner toolkits for resources, graphics, and social messages about cardiovascular disease.

### [Atrial Fibrillation](#)

Learn about atrial fibrillation, often called AFib or AF, the most common type of treated heart arrhythmia.

### [Brain Health Is Connected to Heart Health](#)

Learn about the connection between the heart and brain and steps to take to keep both healthy.

### [Cardiomyopathy](#)

Learn about cardiomyopathy, a collection of conditions that affect the heart muscle. Read about its causes and treatment and whether you can prevent it.

### [Coronary Artery Disease \(CAD\)](#)

Learn what causes coronary artery disease (CAD) and how it is diagnosed. Get the facts from the CDC.

### [Feature Articles](#)

Share these easy-to-read articles about heart disease and related topics.

### [Get to Know Your Pharmacist](#)

An important member of your health care team is as close as your local drugstore. Learn the many ways your pharmacist can help you manage your health.

### [Heart Attack Symptoms, Risk, and Recovery](#)

Coronary artery disease (CAD) is the main cause of heart attack. Get facts about heart attacks from the CDC.

### [Heart Disease](#)

Learn about heart disease signs and symptoms, factors that increase your risk, and ways to prevent heart disease. Find resources to share with patients.

### More Information

#### **CDC**

- [How Cardiac Rehabilitation Can Help Heal Your Heart](#)
- *Vital Signs:* [Blood Pressure Control](#)
- [Learn and Prevent](#): Million Hearts® Initiative

#### **National Heart, Lung, and Blood Institute**

- [Heart and Vascular Diseases](#)

**MedlinePlus** (a service of the National Library of Medicine and the National Institutes of Health)

- [Heart Diseases](#)

#### **American Heart Association**

- [What is cardiovascular disease?](#)



Share these resources with your patients to help them make healthy lifestyle changes.

Is your heart older or younger than you are? Watch this short video to learn more about Heart Age.

Last Reviewed: March 21, 2023

Source: [National Center for Chronic Disease Prevention and Health Promotion](#) , [Division for Heart Disease and Stroke Prevention](#)

### **Choose Healthy Habits**

1. Choose Healthy Foods and Drinks. Choose healthy meals and snacks to help prevent heart disease and its complications. ...
2. Keep a Healthy Weight. People with overweight or obesity have a higher risk for heart disease. ...

3. Get Regular Physical Activity. ...
4. Don't Smoke.

## ATTENTION

Do not use cesium chloride without first consulting your doctor or other health care provider. It is extremely important when supplementing with cesium chloride to have regular blood work to monitor blood potassium levels, as cesium chloride is known to lower potassium levels in the body. Using excessively high amounts of cesium chloride (well beyond suggested serving sizes) has been linked with ventricular arrhythmia due to potassium electrolyte imbalance.

## HIGH THERAPY OVERVIEW

High Therapy uses a combination of diet change and nutritional supplements to support the immune system, the body's natural defense system. Cesium chloride, an alkaline mineral salt, is a key part of the high pH therapy protocol. Cesium chloride itself does not cure Heart



Disease or kills Heart Disease cells. The goal of high pH therapy is to create an immune system response in the body. An immune response may lead to increased inflammation, swelling, and pain. For this reason high pH therapy is not for everyone.

The high pH therapy protocol **is not a replacement for medical care**, nor is it a “quick fix”. Strengthening the immune system, repairing cellular damage, and rebuilding healthy cells is a process that takes time. There will be good days and bad days. Keeping a daily journal to chart your experiences can be helpful. We make no guarantees or claims about efficacy or results.

Cesium chloride, an alkaline mineral salt, is part of a nutrition plan called "high pH therapy" which focuses on using a combined diet and supplement approach to balancing body pH by reducing the load on overworked acid-buffering systems. The alkaline diet focus of pH therapy is of particular importance for those needing intense nutritional support when dealing with major health challenges.

To start the wellness, other disease, or Heart Disease treatment, first you need to begin or obtain these items:

1. Detox Fasting Immediately (Stop all FOOD INTAKE for 2-4 days if possible)
2. Drink high volumes of Alkaline Water.
3. Remove ALL SUGARS from your diet!! (This is what feeds HEART DISEASE)
4. Remove ALL CARBS from your diet!! (This is what feeds HEART DISEASE)
5. Remove ALL MEATS from your diet!! (This is what feeds HEART DISEASE)
6. B-17 in PROPER DOSES (Depending on your weight)
7. Slowly begin your vitamin and pH Therapy
8. Brush your teeth with Baking Soda 2 or 3 times a day. (after brushing, spit out the Baking Soda in your mouth, the rest that is left in your mouth swallow it, do not rinse out your mouth)
9. KETO DIET. After fasting, mainly all organic washed VEGETABLES. NO MEATS except for small amounts of chicken or fish twice a month
10. OZONE Therapy (Minimum of 4 hours a day)
11. Cesium Alkaline. High Alkaline. ONE 100 mg. mixed with 32 mg of Distilled water, 2 tablespoons per day.
12. Take ONE 99 mg capsules of potassium with each dose of Cesium as well.

13. Begin immune therapy, including volume of vitamins C, Zinc, Fish Oil, etc.
14. Drink as much organic vegetable juice as you can. Drink Georges Aloe Vera.
15. pH Therapy Supplements
16. Lipid Therapy Supplements
17. LDN Therapy: (Dr. Prescription)
18. Heart Disease Treatment Vitamin Support Package
  1. Potassium
  2. DMSO 70/30: 30% Aloe Vera
  3. Aerobic Stabilized Oxygen (A02)
  4. PH Balancer Daily Alkalizer
  5. Lipid Selenium
  6. 10Zimes Systemic Enzymes
  7. Life's First Natural Daily Colostrum
  8. Alkaline Mineral Salts

## ADDITIONAL TREATMENTS IF REQUESTED

19. Stem Cell Therapy
20. Car-T Cell Therapy
21. Hypothermia
22. Cryoablation

- 23. HRT Hormone Replacement Therapy
- 24. HGH
- 25. Moringa Pills (Holistic)
- 26. Ayurvedics
- 27. Soursop Leaves
- 28. Pain Relief (Kiai Therapy)
- 29. Cure for Polio

## WHAT YOU SHOULD KNOW / MOST IMPORTANT

- 1. You may experience some of the following to varying degrees.**
  - 1. Nausea**
  - 2. Diarrhea**
  - 3. Tingling of the lips, nose, and face**
  - 4. Numbness or coldness in the fingers and toes**
  - 5. Dehydration**
  - 6. Low potassium levels**
  - 7. Pain in and around areas where Heart Disease cells are located**
  - 8. Loss of appetite**
  - 9. Low energy, weakness, and tiredness**
  - 10. Open wounds**

## **2. Suggested foods to eat. Look for a book: "Eating According to Your Blood Type"**

- A. Organic vegetables**
- B. Organic fruits(in moderation)**
- C. Quality proteins**
- D. Healthy fats**
- E. Gluten Free Breads**

**Recommended foods to avoid:**

**Sugar**

**Artificial sweeteners**

**Dairyproducts**

**Soyproducts**

**Processedfoods**

**Alcohol**

**Tobacco**

**Pork**

**Wheat gluten**

**Whey products**

**Pork and pork products**

**Coffee**

**Check potassium levels often.**

Have your blood potassium levels (electrolytes) every 2-3 weeks Tested.

You MUST HAVE A DOCTOR, CLINIC, OR LAB available to monitor potassium and sodium levels on a regular bases. You must keep your potassium levels above 3.8 and below 5.0

## **Heart Disease Treatment SUPPORT Vitamins:**

**1. Potassium**

**2. DMSO 70/30: 30% Aloe Vera**

**3. Aerobic Stabilized Oxygen (A02)**

**4. PH Balancer Daily Alkalizer**

**5. Lipid Selenium**

**6. 10Zimes Systemic Enzymes**

**7. Life's First Natural Daily Colostrum**

**8. Cesium Alkaline Mineral Salts**

**9. Ozone Machine (4 hours daily)**



**One container of the Cesium is the 50 gram or 100 or 500 gram crystals. I have seen their chemical analysis on their cesium and they are legit and carry a pure form of cesium chloride. Put your monthly mix into**

**Distilled Water. Not filtered, Reverse Osmosis or any form of purified water. Only Distilled Water is to be used.**

**If you are not using the required products from us, the consultation information are only good for the products that we sell and support.**

## **CESIUM ALKALINE**

**Put the 100 Gram Cesium Chloride in to 28 Ounces of Distilled Water in Glass, aluminum, blue container, or buy it from amazon. Container is important. NOT JUST CONTAINER FROM FRY'S UNLESS ONE OF THESE KINDS.**

**1 ounce per day is 2 tablespoons. EVERY DAY!!**

**Any information provided is not medical advice and is certainly not intended to replace the advice or attention of your personal physician or other healthcare professional. Therefore, consult your doctor or healthcare professional before making any changes to your diet or starting a supplement program.**



# **1. \*\*\*\*\* Required Products for Therapy:**

**A. Potassium 732:**

**B. DMSO 70/30: 30% Aloe Vera**

**All products following are  
OPTIONAL but meant for specific  
health issues:**

**\*\*\*Additional Recommended products to support  
pH Therapy:**

**1. \*\*\*Fulvic/Humic Minerals:**

**2. A-02:**

**3. Core Comprehensive pH formula:**

**List of ingredients:**

#### **4. Pro Colostrum- LD: Colostrum Liposomal**

**Or**

#### **5. Life's First Colostrum:**

**FREE Colostrum Book in pdf. down loadable  
file: [http://www.sovereignhealthinitiative.org/articles/A  
GutDecision.pdf](http://www.sovereignhealthinitiative.org/articles/A<br/>GutDecision.pdf)**

#### **6. 10-Zymes:**

**May help reduce pain from inflammation.**

**You can Rub the Cesium directly on the invested area  
with the DMSO and Aloe.**

**Cesium support package:**

**Check potassium levels often.**

**Have your blood potassium levels (electrolytes) every 2-3  
weeks Tested.**

**You MUST HAVE A DOCTOR, CLINIC, OR LAB available  
to monitor potassium and sodium levels on a regular**

bases. You must keep your potassium levels above 3.8 and below 5.0

### **You may feel worse before you start feeling better.**

An inflammatory immune response can cause an increase in swelling, pressure, and pain in and around areas that the immune system is reacting to. In addition, flu-like symptoms such as achy joints, nausea, and diarrhea are also possible. Some people report experiencing more severe symptoms than others. Side effects seem to depend on the type of Heart Disease and the health condition and diet of the person doing the therapy. Many symptoms are the result of cellular toxins being dumped into your system which your body has to deal with. That is another reason to drink plenty of fluids – to help flush out your system. Choose juiced vegetables and fruits, and pure distilled water. Most canned and bottled juices have copious amounts of sugar added. Remember sugar feeds Heart Disease. In addition, canned and bottled juices do not contain all the natural nutrition of fresh juiced fruits and vegetables, including beneficial antioxidants, enzymes, minerals, and vitamins.

**Your state/frame of mind is very important.**

Taking Cesium Chloride internally can cause upset stomach, nausea, diarrhea, weakness and just feeling sick in general.

External Application avoids all of this and can be applied directly or indirectly to the skin in and around the area of the Heart Disease. This will go through the skin, directly into the blood stream and deposited in every cell of the body. **DO NOT TAKE INTERNALLY** without mixing into a juice and taken with food to try and avoid the side effects from taking it internally. Internally you can experience tingling in your face, nose, fingers and even your toes. It does not last long but it is an indication of your Cesium entering your cells. This tingling usually happens in a short period of time after taking your Cesium. You may not experience any of this if you use the external application method.

**Important:** If you purchase Distilled water in a soft plastic bottle and the water tastes like plastic, please boil the Distilled water for about 5 minutes to get rid of any plastic residue from the soft container that it has been stored in. Distilled water is a mild solvent and if not stored in stainless steel, glass or polycarbonate it will in time absorb what it was stored in.

\*\*\*\*Very Important:

Do not buy distilled water if it comes in a soft plastic bottle. It will have BPA in it from the soft bottle it is sold in.

\*\*\*\*\*Solution:

Do a search for BayBay Water on Walmart or Amazon website.

Bay Bay Water - Purified Distilled Water for Babies - 16.9 oz. - Use for Everyday Drinking, Infant Formula, Milk, and Baby Cereal - **BPA Free** - No Fluoride, Phosphate - Prevent Mineral Overload

**BULK MIXING powder into a liquid:**

**50 Gram Container:**

**Mix 50 grams of powder Cesium into exactly 14 ounces of DISTILLED WATER.**

**Shake until the Cesium Chloride completely disappears.**

**100 Gram Container:**

**Mix 100 grams of powder Cesium into exactly 32 ounces of DISTILLED WATER.**

**Shake until the Cesium completely disappears.**

**500 gram container:**

**Weigh out 100 Grams of Cesium Chloride and Mix with exactly 32 ounces of Distilled Water.**

**If you are using the metric system check the conversions from ounces to liters.**

**32 ounces = 0.95 liters of distilled water**

**28 ounces = 0.83 liters of distilled water**

**14 ounces = 0.41 liters of distilled water**

## **Important:**

**If you weigh under 130 lbs you should start with 1 tablespoon of Cesium internally in a juice and with food on your stomach. If taking it internally it can cause you nausea or uncontrollable diarrhea. If that happens just go external with 1 tablespoon of DMSO 70/30 apply close to the area of the Heart Disease on your skin and massage into your skin. It can take a little time to do this procedure. If you have no issues**

that have developed, you can increase your Cesium dosage by 1 teaspoon per every few days until you get to 2 tablespoons total (6 teaspoons per 2 tablespoons). If you weigh over the 130 lbs. you can take 1 tablespoon of Cesium twice per day with a total of 2 tablespoons of Cesium per day mixed in a juice and taken with food. If going external, mix 2 tablespoons of Cesium with 1 tablespoon of DMSO 70/30, apply if you can near the Heart Disease location and massage into the skin. This can be done thru out the day so long as by the end of the day you have used your complete mixture.

## **Very Important information:**

The only risk that I know of is that you must watch your Blood Potassium levels every 2 weeks in the beginning until you see your tests stabilize. Then you can stretch out the time between tests. Just make sure your blood levels stay above 3.8. If your levels go below 3.8 or lower, stop taking the Cesium, take another dosage of Potassium.

In 22 years I have never heard of anyone getting more Heart Disease by taking less Cesium. I have people who reversed their pets Heart Disease on less than a teaspoon per day. That is why I believe dosage is dependent on

weight. Just remember Cesium Chloride is only one part of the pH Therapy. The Cesium and the Potassium are the main two items that are the most important when doing the pH Therapy. DMSO is a carrier for the Cesium thru your skin and by itself is a great anti-inflammatory massaged into the area of the Heart Disease. Reducing inflammation will reduce the pain caused by inflammation in and around the Heart Disease. Inflammation in and around the Heart Disease can be a sign of an immune system response to the Heart Disease just like your body responds to a broken bone or injury.

With a positive outlook, anything is possible. It will take time – maybe a year, or even longer – but be persistent and keep following through. There will be good days and bad days. Take each day as it comes. Worry and stress can contribute to an acidic environment in your body. Try keeping a journal to help track your progress. A successful outcome can be followed up with a maintenance protocol.

## IMPORTANT INFORMATION



**WARNING:** Cesium Chloride maximum limit is 2 Measured Tablespoons per day (1oz.). NEVER use more than 2 Measured Tablespoons (1oz.) per day for any reason. Recommendations for higher serving sizes that may be found in various books and online sources are NOT based on our products.

**NOTE:** If you decide to test the alkalinity of the Cesium Chloride supplement with pH paper, it will test slightly acidic. Do not panic – you are measuring the pH value of the water that the Cesium Chloride is in. Cesium Chloride still has alkaline properties when it enters the body, similar to the "acidic" fruits like tomatoes and oranges that have an alkaline effect in the body. The water has to be slightly acidic to hold the Cesium Chloride in ionic solution.

## **METRIC CONVERSIONS:**

- 1 teaspoon = 4.93 milliliters = 1/6 oz. or 5ml
- 1 Tablespoon or 3 measured teaspoons = 14.78 milliliter = 1/2 oz. or 15 ml
- 2 Tablespoons or 6 measured teaspoons = 1oz. or 30 ml

## **PRODUCT INSTRUCTIONS (Basic pH):**

The following is based on the Basic pH Therapy Protocol. If you do not have all of these items to begin with, just start with what you have. You can always add additional needed products later. List of each item recommended at bottom of email. proprietary - not intended as the correct serving for other products etc .....

There are no conflicts with pH Therapy (Cesium Chloride) and any other therapies that I know of including Chemo, Radiation and Surgery.

**Note:** You will also be taking additional nutritional supplements daily. Some can be mixed into the vegetable juice or fruit smoothie mixture. Other supplements are to be taken on an empty stomach, either first thing in the morning or later in the day between meals. Refer to additional supplement servings sizes below.

## **EXTERNAL Skin APPLICATION method: Recap**

**Buy a 10 to 20 cc syringe (no needle) and draw the cesium/dms0 into the syringe. You can use the syringe to apply the mix allowing you to apply the mix to the area you are focusing on a little at a time without the solution running off your body.**

**Take 2 tablespoons of your Liquid Cesium and mix with 1 tablespoon of DMSO and apply a very little at a time any where on your body and massage into the skin.**

Drizzle a little at a time anywhere on the body, massage a little and then let air dry. Repeat this process until mixture is all used up. You can use this throughout the day. Try and get this done before the evening as you will be taking potassium separately in the evening. You can use the mixture over the area of the Heart Disease. Do not use gloves, use your bare hands. Use a syringe to draw.