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ARTERIAL HEALTH

REMOVING ARTERIAL PLAQUE

I hope first of all that you understand there's no magic bullet to this. The plaquing in the arteries got there for a reason and unless you address key lifestyle factors even if you managed to reduce it it's just going to come back again. I cover this extensively in my other videos, but essentially the mechanism of placing involves something that is causing damage to the artery walls. In this recommendation, we are going to discuss ways to remove existing soft plaque. There are two products I find clinically significant the first is called Cyruta. The primary ingredient here is buckwheat both the leaves and the seeds are dehydrated, then ground up into powder form. Buck has a long history of helping arterial health, it strengthens the artery walls, but it also prevents cracking and fraying that we see in the disease process. was used extensively as a remedy for scurvy is a well proven alternative source for health. These days most people don't eat a lot of buckwheat but even if you did, you would have to eat it in substantial portions to get the amount needed and so it's just easier to supplement. As a sidenote, Buckwheat is gluten free. Another ingredient is inositol. This is a B vitamin that is an emulsifier of fat. It works with a metabolism and is extremely useful for diabetics. In this case we're using it as an antagonist to cholesterol. Inositol will help dissolve the fat so the body can carry it out of the system. It also provides energy. Speaking of energy, there is also some adrenal granular in this product. Most people with clogged arteries, have heart disease, and therefore experience low energy. The addition of the adrenal extract gives a good bump, and increases energy and performance. It just helps the whole system work better and all the mechanisms become more effective. you should take nine of these a day, spread out three per meal. They may seem like a lot, but remember this is just a food concentrate so you must get high dosages in order for it to work properly. Luckily the product is inexpensive. I've seen good pre-post blood results in patients doing nothing except taking Cyruta. You should plan for three months as a good treatment period. here is a link you can use to purchase the product which is normally unavailable to the public. However, you can use this link to purchase directly from the manufacturer and it helps support my channel plus you get any current discounts available. All products can be also purchased directly from my website under buy supplements and just type in the name that you're looking for.

<https://drstephenstokes.standardprocess.com/products/cyruta>

The next part of the protocol is Hawthorn, and I have mentioned this in several other videos. The Germans call Hawthorn “the heart nurse”, and indications, for you include heart, disease, arrhythmias, tachycardia, hypertension, arterial sclerosis, Buerger disease, it supports the cardiovascular system and circulatory functions and even assist in the maintenance of peripheral circulation. I mean, is it as far as heart health. Hawthorn has been used in healthy people who would like to increase or optimize heart performance because it lowers oxygen requirements of the heart muscle, causes peripheral vasodilation, particularly to muscles, has significant

antioxidant value and may promote revascularization of the heart although this was only shown in animal studies and it may inhibit the ACE enzyme.

Unlike Cyruta, which is essentially a whole Food concentrate, Hawthorn is a medicinal herb. for these purposes, here we can classified as a drug like plant. Therefore it requires more attention when using it. Consequently we don't need as much and I find most patients to exceptionally well with one to three tablets per day related directly to how much cardiovascular disease is present. Again, you can purchase the product directly from the manufacturer using the link below. Unlike Cyruta this product is expensive, however, if more people knew about Hawthorn and used this specific quality concentration, it would make a huge positive impact on cardiovascular disease. if you suffer, please consider this product and if you're interested in heart health optimization or prevention, this product also should be on the top of your list.

<https://drstephenstokes.standardprocess.com/products/hawthorn>

Finally, I want to reiterate that these recommendations are not magic, far from it. If you don't tackle the source that is causing the disease everything is just prophylactic. However, if you're suffering, severe symptoms and heading in a downward spiral, it's important to at least slow down those symptoms. These recommended products have the potential to not only, help with the immediate problem but also get to the root of the cause. You're suffering from cardiovascular disease, realize that it is complicated. Work with your physician discuss these recommendations with him or her and make sure to address the lifestyle changes that are needed to ensure the system is healthy. Of course these include things like healthy diet, exercise, proper sleep, lower stress, and despite what you may hear on social media every reduction in saturated fat intake. Yes your cholesterol does matter and is related to your arterial health.

If you have additional questions or comments, just reach out to me directly good luck.

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