

All organs are important. The heart is very important when it is not functioning correctly. This is a review of problems we've found so far.

### **THE SIGNS OF HEART PROBLEMS**

- (1) People who talk a lot and people who sigh a lot are telling you they have heart problems.
- (2) Asian medicine looks at the nose as the face signature of the heart. Most affected are the septums in the heart (like the nose septum).
- (3) A red nose is a beacon of heart problem and has nothing to do with "Rudolph, The Red Nosed Reindeer".
- (4) Creases in the ear lobes
- (5) Spooned finger nails
- (6) Black "slivers" in the nails
- (7) Heel scuffs in the snow show heart problems
- (8) Heavy walking is the sign of a clogged heart

### **WARNING SIGNS**

If you are lucky enough to have graduated signs of heart attacks, they often start with

- (1) Difficulty breathing (the heart is not pumping enough blood to the lungs).
- (2) Occasional wooziness could speak of heart or circulation or both.
- (3) Temporary loss of vision could speak of many issues including heart problems with arterial blockage.
- (4) Loss of blood, showing in pale faces, depicts heart problems accompanied by kidney problems.
- (5) Irregular heart beats (arrhythmia) although that could easily be simple chemical impairment.

### **EMMINENT SIGNS OF HEART FAILURE**

- (1) We are used to hearing of left shoulder pains preceding a heart attack. If the pain goes to the little (pinky) finger, take immediate action. If the pain goes to the first (pointer) finger you have gas.
- (2) If there is pain in the right shoulder, there are problems with the first valve of the heart.
- (3) Chest pains are considered emergency room signs. Some chest pains are actually esophageal reflux pain (from eating). When in doubt consider the worst to be on the safe side.

## FIRST RESPONSE

Although most of these protocols are about deep, life-long solutions, they do little good if a person is in a crisis and dies before taking remedies.

The official, politically correct advice is to get to an emergency room where they are very well equipped for this issue. After all, heart attacks are one of the leading causes of death, especially among working professional women. Statistics say that women now have more heart attacks than men.

If you are not medically orientated, remember the pressure point on the left thumb mound that forms part of the palm. You can stop a heart attack in progress by pushing into this mound on the LEFT hand with both of your thumbs for maximum pressure. The pressure goes to the nerves of the muscles around the heart and relaxes them. (most heart attacks are actually the pericardium – the muscled sack around the heart – contracting). You can also press this point preventively any time, even when you are watching television, to relax the muscle.

If you are a little more dexterous and can remember, use a ball point pen and sharply press the cuticle of the LEFT pinky finger on the corner of the outside “u” of the cuticle. Both methods are well-proven and have a long reputation for stopping heart attacks in less than a minute.

The diaphragm can tighten and push up against the heart. It may be where the expression “up tight” came from because the heart feels a tight pressure when the diaphragm contracts. Again there is a pressure point on both arms, approximately two finger widths down from the elbow in the center of the arm that relax muscles in the diaphragm. And again, you can press the points preventatively when you are feeling “up tight”.

### CAYENNE PEPPER

A little less on the emergency side would call for the use of the fabled Cayenne pepper. Putting a tablespoon in a 6-8oz glass of water, stirring it a few seconds and drinking the whole glass of the water has also avoided heart attacks. It will burn like crazy if you are not used to peppers, but it has often prevented a heart attack.

Vitamin E is a good blood thinner and should not be taken with drug blood thinners.

### STANDARDS

Don't forget the value of regular exercise, vitamins, minerals and a healthy diet. And don't go overboard on any of these because too much of a good thing can become bad.

## STRESS - TRIGGER VS CAUSE

We are almost trained to say that “stress” causes heart attacks . . . and it is not true. Yet few can say that stress is not involved. The distinction between cause and trigger is important for all of the HWS approach. Stress registers in the adrenals which starts to pump out adrenaline and things that drive you like adrenaline. The adrenals are indiscriminate drivers of whatever condition is already present. Therefore, the adrenals are not the cause they are the “trigger” of the cause. They are the trigger for problems of the heart, the nerves, the brain, the intestines and many other issues. There are times when the adrenals are the afflicted organ that is the cause of problems, but usually they are only the trigger.

If you want to control the trigger, reduce the stress in your life, try Yoga and meditation; learn to tame your mind so that the stress never gets to the adrenals. Those practices are wonderful and can often successfully delay the cause . . . but they won't cure the cause.

## CURE THE CAUSE

As we have learned from so many other parts of the body, miasmatic conditions are the underlying cause of the problem. The sicknesses of our ancestors that become the "miasmatic" weaknesses of our bodies can usually be found at the base.

As we also have learned from other parts of the body, the miasmatic weakness is often the cause of our "environmental" weakness. We are prone to chemicals, metals, parasites and infections because of these miasmatic weaknesses. When the cause of these weaknesses are removed, the heart will be less prone to the environmental attacks. Extreme exposure to any environmental exposure, from radiation to farm chemicals can be exceptions. Even then the first to react will be the ones with miasmatic weaknesses.

Time after time we have seen so called "incurable" weaknesses or diseases completely disappear. It is so far from current awareness that the doctors even conclude that their original diagnosis must have been flawed. In HWS courses we have so often heard this phenomena, that we repeat it here as only a reminder. We heartily (pardon the pun) encourage before and after tests so that the evidence to the person is clear. We also repeat that the best evidence is how the person feels after taking HWS remedies.

## SURGERY IS RARELY CLASSIFIED AS CURE

If you get to surgery for a solution, it normally means you've waited too long and neglected too much. It may save your life, but even surgeons will sometimes say that surgery is used too much, especially in the United States.

If you feel you must do surgery, remember the principles of what is called humorously "gum drop surgery". Schedule the heart surgery for 7AM and the night before eat 1lb of gum drops or jelly beans. The gum drops or jelly beans contain lots of sugar and silica which speed the healing of the surgery.

Those who did this report that there was less bleeding in the surgery and recovery time was cut by 30 to 40%.

You can extend this principle to other kinds of surgery that do not involve the digestive system (for obvious reasons).

## WARNING AND DISCLAIMER

In the next pages we gather answers to heart conditions we have found so far. These remedies should not be seen as the answer to all heart problems. Science is constantly finding new heart diseases and conditions (just as we are). We will continue to add remedies as we find them. Use what has been found to take the largest steps to a healthy heart. Continue to be vigilant to newly discovered issues and we will all save a lot of hearts from needless attacks.

## CONGENITAL HEART DEFECTS

Congenital defects are usually the result of miasms.

The largest cause of Heart Failure we have seen lies in a condition called **Familial Hypertrophic Cardiomyopathy**. The disease in current science is related to very young people who have heart attacks. We made 5 versions of the solution because we find it is also common to most older adults. It causes heart failure. Version #3 (**FHC #3**) is the most common.

**Septum Contractus** affects the inner dividers of the heart, the septums. When they contract from this inherited disease, the heart has increasing difficulty to work. Holes in the heart are generally from **Ventricular Septal Defect** or **Atrial Septal Defect**. Atrial Fibrillation is one of the symptoms of these diseases. Nitrates and Nitrites (**NIT NIT**) are attracted to this condition as are **Cadmium** and **Graphite**. Atrial Fibrillation is also ascribed to these toxins. **Heart Race** is designed for a brain condition that makes the heart race which is often confused for fibrillation.

**Heart Join** is for a condition that causes "nitrogen narcosis" (anesthesia-like tiredness) for 30% to 40% of the population.

**Heart Valve Disease** is designed for very common diseases that cause heart murmurs or heart valve replacement. **Trichinosis** loves heart muscles around valve diseases as does **Dog Heartworm**. **Heart Valve Stenosis** is often seen in the circumstances. Pig heart valves are the most common used for valve replacement. Pigs are the largest known attractors of Trichinosis next to alligators. We have seen heart valve replacements give out early because of Trichinosis infection.

**Muscular Dystrophy** covers the condition called Duchenne's Muscular Dystrophy of the heart muscles. **Heart Flow Strong** causes a similar weakness in the muscles.

**Atrioventricular Node Disease** and **Sinoatrial Node Disease** cause irregular heart beat along with low blood pressure. They are barometric pressure sensitive so they often happen with change of weather.

## CONGENITAL HEART DEFECTS CONT'D

Under the influence of "Protein Losing Enteropathy", the heart can dehydrate. **Heart Liver Lung** is designed to restore the appropriate thickness of the heart wall.

**Heart Fibromatosis** antidotes causes for making fibroids in the heart.

**Reye's** is often associated with Rheumatic Fever and the use of aspirin at an early age. There is an association with Chicken Pox and Influenza also noted. For a child there are fevers, vomiting, seizures and weakness. For adults symptoms are usually ascribed to heart weakness. The remedy, **Rheumatic Heart**, may also play a role in this heart weakness since childhood.

## HEART INFECTIONS

The most common infection causing heart failure is tuberculosis of the pericardium (the sack around the heart) (use **TB Enzymes**). The misconception of TB being only in the lungs often fools us into thinking it is nowhere else. Heart and bones are the most common locations of TB before lungs.

The most common forms of heart infections we see are **Infectious Endocarditis Lungs** and **Infectious Endocarditis Valves**. The most common single infection we see of the heart is **Staph Aureus 1 or 2 or 3**.

**Flyers Heart** is for the radiation infection created by the friction of the plane against the atmosphere.

The most common tumor is a **Heart Adenoma**. A tumor called **Myxoma** acts like a pendulum whose head swings over to block a valve when you lie on one side. Each needs **RV Cell**.

Thankfully **Lymphoma Heart** is uncommon as is **Heart Candida**.

**SUMMARY OF HEART REMEDIES**

(with range of mega bottles needed)

Atrial Septal Defect	4-5
Atrioventricular Node Disease	4-5
Bite Sting Complex	4-5
Cadmium	1-2
Familial Hypertrophic Cardiomyopathy Type 1-5	4-6
Dog Heartworm	1-3
Flyer's Heart	2-6
Graphite	1-2
Heart Adenoma	4-6
Heart Candida	1-3
Heart Fibromatosis	4-5
Heart Flow Strong	4-5
Heart Join	4-5
Heart Liver Lung	4-5
Heart Race	4-5
Heart Valve Disease	4-5
Heart Valve Stenosis	1-2
Infectious Endocarditis Lungs	1-4
Infectious Endocarditis Valves	1-4
Lymphoma Heart	4-5
Muscular Dystrophy	4-5
Myxoma	4-5
Nitrates/Nitrites	1-3
Reye's	4-5
Rheumatic Heart	4-5
Septum Contractus	4-5
Sinoatrial Node Disease	4-5
Staph Aureus #1	1-3
Staph Aureus #2	1-3
Staph Aureus #3	1-3
TB Enzymes	3-4
Trichinosis	1-2
Ventricular Septal Defect	4-5

## ARTERY/VEIN INHERITED DISEASES AFFECTING HEART

**Aorta Squeeze** is the largest artery-based cause of heart attack in the world. The Aorta is the major artery arching out of the top of the heart. It is like a rubber water hose. When a young hose is bent like this arch, it keeps its diameter. As the water hose gets older, it flattens where the hose is bent and restricts flow. This remedy is designed to restore the flex with a maintained diameter so that blood is not restricted.

**Atheroma**, the thickening of the walls of the arteries, causes similar conditions as cholesterol or plaque buildup. Its distinguishing feature is that it causes open wounds that don't close near the ankles.

**Endothelium Dysfunction** causes a tearing of the inner lining of the walls of arteries which produce small particles called **Thrombus**. The telltale sign of the disease is a condition called purpura, where the slightest impact against the skin causes purple/black bruises. These "bruises" can often weep for weeks until **Endothelium Dysfunction** takes the condition away. **Endothelium Myeloma** is a deeper version of the dysfunction that is needed by some.

**Arteries Inherited** and **Arterial Pinch** are the vibrational remedies for the causes of angioplasts (using a balloon to widen an "idiopathically" narrowed artery). **Artery/Vein Expansion** is the remedy for inherited constricting arteries. **Polyarteritis Nodosa** should be mentioned as a disease of both artery and heart tissue.

The **Truncus Valve Defect** causes pain in the upper front thighs when a person walks. It feels like a heart condition but is only an arterial valve problem.

There is a "misconstruction" of the arteries connecting the heart and lungs that we call **Artery Lung Tangle**. The primary symptom is a very strong, localized pain in the chest when a subject runs.

## ARTERY/VEIN CONT'D

**Eclampsia** is thought of in pregnancy terms but can exist outside of pregnancy. It is marked by hypertension, proteinemia, and edema, often with convulsions

Science has identified a condition called Arterial Vascular Malformation where the flow from arteries to veins is tangled. We call the solution **Artery/Vein Interflow** for the condition that acts like a cross between hypertension and blood clots.

There are similar conditions in the veins as there are in arteries. When the conditions are the same the remedy is named Artery/Vein \_\_\_\_\_. For veins alone, the remedy titles describe the condition. **Leaky Vein Syndrome, Portal Vein Hypertension, Vein Pinch, Vein Plaster, Vein Valves, Vein Weak, Vein Weep, Vein Volume, Vein Tension** and **Varicose Veins**.

**Vascular Pox** is a miasmatic disease that causes what looks like varicose ulcers (and is the answer for many cases. The bulge that forms in the artery weakens the blood flow from the heart.

## BLOOD AFFECTING HEART

Diseased blood can cause more work for the heart and highlight many heart weaknesses. See the list of remedies for blood diseases and leukemias.

We have all heard of cholesterol clogging arteries and we went to the source of the cholesterol to make **Cholesterol/Triglyceride. Open Heart** is designed to clear preexisting cholesterol from both arteries and capillaries.

Sugar problems have a strong effect on arterial walls so we made **Plaque Packer** for sugar-made plaque. There is considerable debate about cholesterol as the artery clogger instead of the true culprit of plaque. We suggest that Plaque Packer be checked with all cases of diabetes and/or pancreas problems. **Vascular Sugar** may be the reason why some cases of diabetes go to gangrene.

Diseased arteries bring chemical and metals to weakened arteries and veins. **Blood Flukes (Critter Be Gone** can be used) have been identified as the culprit for colonies of the parasite sticking to the artery walls and causing a condition like cholesterol or plaque deposits. **Nickel** can stick to the walls as well as to nerves in a way that makes you feel your arteries are "burning".

The most common mistake for a blood clot we see is the **Erwina A** or the **Erwina C** bacteria. This bacteria spins into a ball that resembles a Thrombus or blood clot. We find this condition more often than blood clots. although there is little evidence that science tests for it. **Deep Vein Thrombosis** comes from a bone disease that mutates the clotting factor and can cause clots.

Other remedies concerning blood quality are **Blood Slurry-Liver, Clot Clog 1-3,**

## SUMMARY OF BLOOD REMEDIES

(with range of mega bottles needed)

Aorta Squeeze	4-5
Arterial Pinch	4-5
Arteries Inherited	4-5
Artery Lung Tangle	4-5
Artery/Vein Expansion	3-5
Artery/Vein Interflow	5-6
Atheroma	4-5
Blood Filukes	1-2
Blood Slurry Liver	3-4
Cholesterol/Triglycerides	4-5
Clot Clog 1	4-5
Clot Clog 2	4-5
Clot Clog 3	4-5
Critter Be Gone	2
Deep Vein Thrombosis	4-5
Eclampsia	4-5
Endothelium Dysfunction	4-5
Endothelium Myeloma	4-5
Erwina A	1-3
Erwina C	1-3
Leaky Vein Syndrome	3-4
Nickel	1-2
Open Heart	2-3
Plaque Packer	4-5
Polyarteritis Nodosa	4-5
Portal Vein Hypertension	4-5
Thrombus	4-5
Truncus Valve Defect	4-5
Varicose Veins	4-5
Vascular Pox	4-5
Vein Pinch	4-5
Vein Plaster	4-5
Vein Valves	4-5
Vein Volume	4-5
Vein Weak	4-5
Vein Weep	3-4

## SYSTEMIC CONDITIONS/DISEASES THAT DIRECTLY AFFECT HEART

**Iron Surplus** for Hemochromatosis will allow your heart to be infiltrated/laden with iron.

**Endothelium Contracting Urea Disease** is a kidney disease that converts the urea (nitrogen compounds) coming from the liver. In this instance the urea becomes a contractor of the endothelium (inner lining of arteries and veins). It is especially potent on the veins which lead back to the heart. When the veins are contracted, the heart suffers into a heart attack for lack of blood. Bypass surgery usually follows where there is an assumption that the arteries are clogged with cholesterol (much rarer than advertised). Arteries are taken out of the leg and replace so-called damaged arteries. In this instance the issue is actually the veins which means the true issue is missed. Nitroglycerin is given to thin the blood after the operation. However, it is considered a strange phenomena that the nitro is increasingly less effective. We see the nitroglycerin as feeding the issue of mis converted nitrogen compounds (urea) and adding to the base problem.

**Flex Heart** for the calcification of the heart.

**Marfans**, the Abraham Lincoln disease of stretching arms, palms, legs, includes the stretching of the heart and lungs. People die from this condition, not of bone problems, but of heart problems.

**Systemic Sclerosis** will make the heart harden and less flexible. **Heart Flex** is for a partial condition like the full condition of Systemic Sclerosis.

**Tuberous Sclerosis**, a kidney disease, makes the back bend into a crimp of the heart. The affect of the tubules prevents circulation to the heart. Most kidney conditions affect the heart.

## SUMMARY OF SYSTEMIC REMEDIES

(with range of mega bottles needed)

<b>Endothelium Contracting Urea Disease</b>	5-6
<b>Heart Flex</b>	4-5
<b>Iron Surplus</b>	5-6
<b>Marfans</b>	5-6
<b>Systemic Sclerosis</b>	5-6
<b>Tuberous Sclerosis</b>	5-6

## MUSCLE CONDITIONS THAT AFFECT HEART

Some of the muscle conditions that are inherited have already been described under Systemic Conditions.

**Cardiac Muscle Correct #1, Cardiac Muscle Correct #2, Cardiac Muscle Correct #3** are three different conditions known as congenital and collectively equal appx 10% of the causes of heart failure. **Muscle Bunching 1** is for conditions that contract muscles in the upper back, which squeeze nerves to the heart and make the heart itself contract.

It used to be in medical books that tuberculosis in the pericardium (sack around the heart) would compress the heart muscles so much that the heart could not beat. It was the cause of 20% of the cases of heart failure. There is an assumption that TB is no longer a threat, but we still find **TB Enzymes** needed for this pericardium infection.

The heart is not commonly thought of when venom from bites and stings enters the body. True, the venom affects the nerves which control the muscles, but the remedy **Bite/Sting Complex** may be just what frees muscles from contracting in the heart.

Muscular Dystrophy, in its many forms often affects the heart after it affects the limbs. **Muscular Dystrophy** has helped many heart muscles strengthen. Parasites are attracted to weak muscles. **Trichinosis** (or **Critter Be Gone**) is often found in heart muscles making them even weaker.

## SUMMARY OF REMEDIES

(with range of mega bottles needed)

<b>Bite/Sting Complex</b>	3-5
<b>Cardiac Muscle Correct #1</b>	3-4
<b>Cardiac Muscle Correct #2</b>	3-4
<b>Cardiac Muscle Correct #3</b>	3-4
<b>Critter Be Gone</b>	2
<b>Muscle Bunching 1</b>	3-4
<b>Muscular Dystrophy</b>	3-5
<b>TB Enzymes</b>	3-5
<b>Trichinosis</b>	1-2