

Heart Disease Email Course

Email 1 - Step-by-step Plan to Getting Heart Disease

It kills more people than guns and car accidents.

It is a condition that can creep up on you and claims lives without warning.

What is it?

HEART DISEASE

A condition that is NOW America's # 1 cause of premature death, claiming the lives of 800,000 Americans every year..

As you may know already, heart disease is due to plaque that builds up in your arteries.

This plaque builds up from poor diet and lack of exercise, and if it builds up too much you get what doctors call 'chronic inflammation'.

This causes them to become narrowed, your blood pressure to increase and puts you at heightened risk of heart attack or stroke.

The reason so many people are dying from it is because of the deadly combination of bad diets and a lack of exercise.

But the good news is that a quarter of deaths can easily be avoided by taking steps to reduce the risks.

How can this be done?

By making healthy lifestyle changes

As preventive cardiologist Gina Lundberg, an assistant professor of medicine at the Emory University School of Medicine in Atlanta, said:

"Americans need to take better control of their health and be more aggressive in controlling their blood pressure, their cholesterol, their weight, their exercise habits — and to stop smoking."

Over the next six emails I'll be sharing with you practical advice on how to reduce your risk of death from heart disease by making healthy lifestyle changes.

This includes:

- Why the advice on cholesterol has been wrong for decades
- Why statins alone won't protect you from a heart attack
- Foods that help you lose weight AND reverse heart disease
- The lazy way to exercise

This is advice that can transform your health and life expectancy. So make sure you check your inbox tomorrow so we can get started on reversing your risk of heart disease.

Or if you're ready to get started there are 4 foods you should eliminate from your diet immediately:

[>>>Click here to find out what 4 foods people with heart disease are warned to avoid](#)

Ray

P.S. High blood pressure often goes hand in hand with high cholesterol. If you're suffering from high blood pressure, there is [1 food that actually fights high blood pressure](#)

Email 2 - The problem with cholesterol counts

The first step towards getting heart disease under control is to prevent the inflammation of your arteries.

For decades the advice was to avoid ALL cholesterol.

But we *now* know that there are two types:

HDL = GOOD

LDL = BAD

But unfortunately a lot of the advice on dieting is out of date. Because we also now know that the particles of bad LDL cholesterol can so small that they don't show up in a blood test.

This means it's possible to have a normal reading of LDL but have more bad particles than is healthy.

So unfortunately even getting your cholesterol checked by the doctor is no guarantee you're safe.

Statins may not be the answer

You may be prescribed statins to lower your cholesterol. But while statins help to lower your cholesterol levels, they may not get rid of the small LDL particles.

So you see, many people may not need to take statins at all to reduce their bad cholesterol.

In fact, the *only* way to get rid of the bad LDL particles is *through your diet*.

So you need to know what foods to eat and what foods to avoid. Check your inbox tomorrow to find out more.

Popular Articles

[Doctors discover what causes the 'Cardiac Killer'](#)

Ray

P.S. There are foods known to accelerate your risk of high cholesterol and heart disease. You likely eat some of them every day. [Here are 4 to avoid at all costs.](#)

Email 3 - Worst foods to eat

Yesterday I explained why a healthy diet is essential for reversing heart disease. Taking statins on their own is not the answer.

Thankfully, we know a lot more about what foods to avoid than we do about cholesterol.

To get rid of bad cholesterol you should avoid:

- Processed food that contains sugar or sweeteners
- Processed grains, like white rice and white bread
- Food that contains 'trans fats'

So you know what NOT to eat.

But what can you eat?

Here are 6 simple rules to follow:

1. Eat organic foods as much as possible, which don't contain chemicals like glyphosate
2. Try to eat a third of your food raw
3. Eat fresh fish at least once a week
4. Eat five fruit and vegetables a day
5. Eat healthy fats like avocado, raw butter or coconut oil
6. Keep your fructose to below 15 grams a day.

But I know following these rules is easier said than done. What you really need is a meal plan that explains *exactly* what foods to buy and meals to cook.

There's a video that explains how you can get such a guide, put together by Dan, a 67 year old retired railroad engineer.

He suffered from blood pressure but managed to reduce it from 200/100 to 115/75 in just 7 days by following a meal plan.

He shares what this was in this video (you'll first see a message from Dr. Marlene Merritt, just click the button at the bottom of the page to hear Dan tell you about his miraculous recovery from high blood pressure):

[>>> Click to watch how Dan found a step by step system for fixing his diet and health problems](#)

Ray

Email 4 - The lazy way to exercise

If you have high cholesterol and high blood pressure it can create the perfect storm that leads to heart disease.

The good news is that the key to treating both is the same: diet and exercise.

I've already covered diet in the last few emails, so in this one

Along with diet, the key to lowering cholesterol and high blood pressure is exercise.

But I know getting your sweats on and doing laps of the block is easier said than done.

But it doesn't have to be that intense.

A [2011 study](#) of several hundred thousand people found that just 15 minutes of exercise a day can extend your life by three years — even if you have heart disease.

So you don't have to be pounding the pavement for hours every week to gain the health benefits of exercise.

Just start slow.

Go for a gentle stroll around the park, climb the stairs instead of getting the lift and do more gardening in the evenings instead of being a couch potato.

Then over time you can build to the bike rides, lengths of the pool and triathlons.

Steve Holms is a fitness coach who developed a special fitness system for mature people our age who aren't naturally athletes. You can find out more about it here:

[>>> Click here for 5 Steps To Looking 10 Years Younger](#)

Ray

P.S. You will never lose weight unless you exercise. Thankfully an [ex-marine has developed fat burning exercise routine for Average Joes](#).

Email 5 - 2 Weird Ways of Reversing Cholesterol

Now we've nailed diet and exercise, here are some more unusual ways of reversing heart disease:

1. Get More Vitamin D

The best way of getting Vitamin D is from the sun. But as most of us now work indoors and there's not much sun in winter, it's recommended to take a supplement. Just make sure its D3 you're topping up, rather than D2.

2. Walk barefoot

This sounds a bit hippy, but it's believed that walking barefoot helps to transfer electrons from the earth into your body. And these electrons are some of the best antioxidants there are which can help mop up free radicals and other biological nasties.

It's believed that grounding helps to thin your blood by improving its zeta potential. If I put on a white coat for a second, your zeta potential is the amount of negative electrical charge between your red blood cells. The most negative charge the more they push away from each other and help to keep your blood less likely to clot. Research has demonstrated it takes about 80 minutes for the free electrons from the earth to reach your bloodstream and transform your blood.

So start going for walks barefoot in the park (while keeping your peepers open for where you're walking). This will boost your Vitamin D, help declot your blood and help you lose weight all at the same time.

If you didn't get a chance to read it yesterday, I recommend checking out Steve Holms' article on [5 Steps To Looking 10 Years Younger](#). It's great quickstart guide on healthy lifestyle changes that can turn your life around.

Ray

If you are on meds for high blood pressure then make sure you know about the risks - Click here for [Doctor's warning about blood pressure medications](#).

Email 6 - Worst thing to say to a smoker

You need to quit smoking.

Does that sentence make you feel angry? Are you fed up of partners, family, friends and doctors endlessly telling you to quit?

I was a chain smoker for 20 years, and I got sick to the back teeth of people telling me I had to quit if I wanted to reverse my type 2 diabetes and avoid the risk of a heart attack from high cholesterol.

My response would always be the same - *"I KNOW I need to quit, but I CAN'T!!"*

Fact is that nicotine is [as addictive as heroin](#). And that's a scientific fact, as reported in the New York Times.

The withdrawal symptoms can be brutal, including mood swings, restlessness, insomnia and let's not forget the endless CRAVINGS that are *impossible* to ignore.

Going cold turkey is easier said than done, and nicotine patches can be expensive.

So what's the answer?

Like me, [Mike Avery](#) was a chain smoker for 20 years. He tried everything to quit, including nicotine patches, medication, hypnotism and electronic cigarettes, but nothing worked.

So after much research, he devised his own system for quitting. Not only did this system enable him to quit smoking forever (and avoid an early death from a heart attack) but he did it in just 7 days.

Unbelievable I know.

[This is how he did it.](#)

Ray

P.S. Have you heard about the spate of 'silent' heart attacks that strike without warning and have no obvious symptoms.

[>>>Click here to find out what you need to know about avoiding a silent heart attack](#)

Email 7 - Warning on Blood pressure Meds

Are *any* meds safe these days?

If you are suffering from heart disease then you likely suffer from high blood pressure too.

And meds for lowering blood pressure can be harsh.

In fact, the FDA got 406,180 complaints due to the side effects of Lisinopril.

This included vomiting, kidney failure and even heart attacks.

Other blood pressure drugs have been found to cause:

- Insomnia
- Anxiety
- Impotence
- Seizures

- Paralysis
- Hairloss
- Depression

Sounds brutal doesn't it?

Thankfully, it is possible to *naturally* lower your blood pressure and get off these nasty drugs altogether.

Dan is a 67 railroad engineer. He first discovered he had high blood pressure when he woke up with intense eye pain and was on the verge of a stroke.

Dan was promptly prescribed 6 different medications. But the side effects were so bad that he started looking for natural alternatives.

After much research, he found a way of reducing his blood pressure from 200/100 to 115/75 in just 7 DAYS. And was able to come off ALL his expensive drugs.

This is a solution that has now helped 167,000 people already to lower their blood pressure and avoid dying from a heart attack or stroke.

Dan shares his story in this video and explains why foods labelled 'Heart Healthy' are anything but (the first screen has a message from Dr. Marlene Merritt but just click the link below to get to Dan's story):

[>>>Click to see how Dan lowered his blood pressure NATURALLY](#)

Ray