

The American Heart Association President Suffered Heart Attack at Age 52

In an ironic twist, the president of the American Heart Association, Dr. John Warner, suffered a heart attack in the middle of a health conference at the age of 52.

Dr. Warner's speech at the conference focused on how his family's history of heart disease has impacted his family, citing his father and his father's father heart bypass surgery while in their 60s. While Dr. Warner's is recovering after doctors cleared a clogged artery, the fact remains that the head of an organization dedicated to living lives free of cardiovascular disease or stroke had a heart attack more than a decade earlier than the age of the average man's first heart attack. It's like finding out the vegan restaurant you love is run by a guy who competes in whole hog barbeque contests on the weekends. Does the AHA treat cardiovascular disease or simply manage it?

Recommended: [*35 Things You Could Do With Coconut Oil – From Body Care to Health to Household*](#)

Treating Symptoms

One in four deaths in the U.S. is from cardiovascular disease. The CDC identifies high blood pressure, high cholesterol, and smoking as key factors in developing it. But simply addressing these misses the bigger picture – high blood pressure and high cholesterol are symptoms. They don't exist in a vacuum. In fact, many of the causes of crucial heart disease risk factors are the same: diet and exercise.

AHA diet recommendations are perfectly pleasant, but they don't address critical factors in an actual healthy diet. They vilify salt without explicitly acknowledging that the problem is actually the processed food. The association's first-ever guidelines for added sugars were introduced in 2016, years behind emerging dietary research. let's not get into their complicated an incredibly damaging relationship with fats, including the AHA's recent denouncement of coconut oil. The AHA doesn't actually fix the diet, much like it only fixes symptoms.

Recommended: [*Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*](#)

Recommended: [*Holistic Guide to Healing the Endocrine System*](#)

A Non-Profit, Emphasis on the Profit

The AHA has a laundry list of powerful friends in industries that would be very interested in controlling the heart disease narrative – especially pharmaceutical companies. Many well known pharmaceutical companies have contributed millions to the AHA. Some of the best-selling drugs in the country, statins and medications to lower blood pressure, are the AHA's solution of choice for treating heart disease. The AHA provides a steady stream of customers, and one could argue that the recent drop in healthy blood pressure guidelines that added 30 million Americans to the potential sales...patient pool.

Sources:

- [*Heart attack strikes American Heart Association president – CNN*](#)
- [*AHA president doing well after minor heart attack*](#)

[– American Heart Association News](#)

- [Heart Disease Facts – CDC.gov](#)
 - [Nearly half of U.S. adults have high blood pressure under new guidelines – CBS](#)
 - [The American Heart Association – Protecting Industry Not Patients – Huffington Post](#)
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Hypertension – How To Lower Your Blood Pressure Quickly and Naturally

The problem with blood pressure medications is that they do not correct the underlying issue of the problem. Imagine you have a car with a 6-cylinder engine that is running very rough. You find out that two of your six cylinders have the problem, so you remove them or shut them down. Now your car runs smoothly, but it has to put out a lot more effort to get up to speed.

You should have cleaned all of the cylinders, flushed out the engine, and changed the oil, like an automotive detox. Instead, you cut out two of the cylinders completely, and now four are doing the work of six. And because the car was not meant to do this, your gas mileage is terrible, and more problems will develop soon. How long do you think this engine is going to last?

In order to get off of high blood pressure medications, it helps to understand the cause of high blood pressure.

Recommended: [***Best Supplements To Kill Candida and Everything***](#)

What Causes High Blood Pressure?

The goal is to balance the body's pH and remove toxins. High blood pressure is almost always caused by thick, toxic blood. Consider that engine analogy, and think of our blood like the car's motor oil and its gasoline. The cleaner the blood, the easier it is for the heart to pump it through the body. Chronic high blood pressure is a result of the heart working harder to push the blood where it needs to go. Restricting the heart doesn't seem like the smartest thing to do, does it?

So What Causes This Toxic Thick Blood?

- Smoking – Smoking anything toxifies the blood, makes it thick, and makes it harder to circulate. This includes marijuana.
- Toxic Liver – A toxic liver results in dirty, sticky, thick blood full of toxins. And of course, smoking anything makes the whole body very toxic. Junk food, as in refined, processed food, does as well.
- Kidneys – Kidneys that aren't at optimum health do a poor job of filtering the blood. Sugary and artificial beverages slow down the kidneys. For non-smokers, getting off of sodas and cheap juices is often enough to lower blood pressure.
- [Candida](#) – Candida seems to be at the foundation of almost everyone's poor health and with good reason. Almost everyone, even self-proclaimed health experts, eats way too much sugar. Sugar feeds Candida, and Candida thickens the blood as it multiplies, poops, and multiplies some more.
- pH Balance – Acidic blood is slow, thick, problematic blood because it impedes the kidneys' ability to function, and causes a host of other problems, many of

which also result in higher blood pressure for other reasons.

- Fibrin – Vascular injury leads to inflammation and damage from free radicals which contributes to fibrin accumulation.
- Low vitamin D and other vitamin and mineral imbalances.

Hypothyroidism

Hypothyroidism has also been recognized as a cause of hypertension. Previous studies regarding hypertension in subjects with hypothyroidism have demonstrated elevated blood pressure values. Increased peripheral vascular resistance and low cardiac output, known causes of hypertension, are believed to be the possible link between hypothyroidism and diastolic hypertension.

How To Reduce High Blood Pressure Naturally

If you're willing to get off the drugs and do right by your body, the good news is that high blood pressure is extremely easy to fix. The bad news is that you're going to have to change your lifestyle. The habits that got you here will have to go.

Low Blood Pressure Diet

The goal is to balance the body's pH, remove toxins, and increase enzymatic actions. There are some easy short-term solutions for balancing the pH and achieving these other goals, but a diet with lots of fresh raw produce that is devoid of processed junk food is the best and only way to permanently balance the body's PH and achieve optimum health. Also, eating in this manner eliminates the other toxic accumulation from junk food.

The foundation of a truly healthy diet is raw, fresh produce – 80% should be raw, fresh, organic produce, more vegetables than fruit. It's this simple: the more raw fresh vegetables anyone eats, the healthier they become. Eliminate processed foods and increase your raw food intake; there's nothing else that comes close to the power of raw produce when it comes to eliminating ailments and restoring health. Nothing comes close except...

[Cranberry Stevia Lemonade](#)

I drink a gallon of cranberry stevia lemonade a day. The difference in my health that I experienced when I started drinking it is amazing. I ate well and I was very healthy, but this took my body to another level.

For a surprising number of people, high blood pressure is simply dehydration. Soda, Gatorade, sugary juices, and coffee either dehydrate you immediately or they dehydrate you in the long run (for instance, Gatorade and cheap, sugary juices will impeded kidney function). When you don't have enough fluid in your body, the blood gets thick and harder to move. Cranberry juice will help normalize the kidneys, lemon juice will flush the liver and normalize pH levels of the body, and the stevia, I find, simply goes very well with cranberry and lemon.

If for any reason you can't do cranberry stevia lemonade, drink a lot of clean water. Distilled or spring water (provided the source is reliable) are the best choices to drink and to make the lemonade.

The Body's pH

Between diet and the lemonade, your pH should balance quickly. If you need it to balance nearly immediately, or your body is extremely acidic (due to toxic accumulation such as drugs like chemo drugs) then try:

Doc Shillington's Body Balance Formula Recipe:

- 1 – cup of Organic Blackstrap Molasses
- 1 – cup of Organic Apple Cider Vinegar

Mix well and take a tablespoon twice a day. I recommend also taking a strong probiotic with this formula as the molasses can feed Candida. This formula tastes horrible in my opinion, but some people actually like the taste, it's got a lot of benefits, and it's well worth it.

Other Recipes For Normalizing Blood Pressure

If you want to bring blood pressure down as quickly as possible, especially if you're coming off medication and/or have a heart problem, the following formulas are an absolute must have to bring the body out of the danger zone quickly and promote long-term healing:

Ginger, Cranberry, Turmeric Tonic

Equal parts:

- Cranberry juice
- Ginger juice
- Turmeric juice

This is an awesome way to start out the morning. Drink a shot of fresh pressed ginger, cranberry, turmeric juice. Ideally, as always, fresh is best. Juice turmeric root with the peel, ginger root with the peel as well, and cranberries. The perfect ratio is equal parts juice. Try to get whole, fresh cranberries if possible. If not, find some organic, unsweetened, un-concentrated/reconstituted cranberry juice with no additives.

Juice a total of 4 to 6 ounces and take the shot on an empty stomach. You should feel the benefits right away.

Doc Shillington's Brain Tonic Recipe ([or purchase here](#))

[Click here to read Recipe](#)

- 15 – parts Ginkgo Leaf
- 1 – part Gotu Kola Herb
- 1 – part Calamus Root
- 1 – part Rosemary Flowers
- 1 – part Cayenne Pepper
- Optional:- 1 part Kola Nut

Doc Shillington's Heart Formula Recipe ([or purchase here](#))

[Click here to read Recipe](#)

- 8 Parts Hawthorne Berry
- 1 Part Red Clover Blossom
- 1 Part Cactus Grandiflorus Stem and Flower
- 1 Part Motherwort Herb
- 1 Part Garlic Bulb
- 1 Part Jamaican Ginger Root
- .5 Part Hottest Cayenne Pepper

Doc Shillington's Blood Detox Formula Recipe ([or purchase here](#))

[Click here to read Recipe](#)

- 2 – parts Red Clover Blossoms
- 2 – parts Chaparral
- 1 – part Lobelia
- 1 – part Cayenne

- 1 – part freshly chopped Garlic Bulb
- 1 – part Burdock Seed & Root
- 1 – part Poke Root
- 1 – part Yellow Dock Root
- 1 – part Goldenseal Root
- 1 – part Oregon Grape Root
- 1 – part Blood Root Sap
- 1 – part European Mistletoe
- 1 – part Periwinkle Flowers

Blood Detox Tea Recipe ([or purchase here](#))

Use the exact same herbs as above in exactly the same proportions and make as a decoction only. Bring to a boil and let simmer for 15 minutes, then drink.

Vitamin D

Studies have shown that those with higher levels of vitamin D in their system have lower blood pressure. Unfortunately, studies designed to prove supplementation with vitamin D lowers blood pressure have been inconsistent. Those showing benefits from supplementation have been small studies. But as often happens, the flaw in a large study was easy to spot. In the 7-year double-blind study of 36,282 postmenopausal women no evidence was found to support the idea that vitamin D supplementation reduces blood pressure. However, the dose given was too low (400 IU/day), half of the normal dose (700-800 IU/day) used for clinical purposes.

Coenzyme Q10

While the mechanism by which coenzyme Q10 reduces blood pressure is not fully understood, countless studies have shown significant improvement and reversal of high blood pressure with coenzyme Q10 supplementation.

Magnesium

Magnesium levels are consistently low in those who have hypertension. It's recommended for most cases to take a mineral supplement that has a balanced range of minerals with magnesium, as opposed to just magnesium alone, especially for long-term supplementation.

Systemic Enzymes

Digestive enzymes break down food. Plant enzymes break down food in the pre-digestive phase of digestion before stomach acid inactivates them. Metabolic enzymes, also known as systemic enzymes, break down foreign proteins and fibrin and clean your blood of impurities. Consider the ramifications of this. Fibrin builds up when the body is damaged. It's an important part of the healing process. Enzymes eliminate this scar tissue. Enzymes also eliminate viruses.

When a virus contacts a human cell, its external coating connects to the cell and the virus becomes able to contact DNA. This connection to DNA permits the virus to reproduce in a rapid manner. Proteolytic enzymes consume the exterior coating of a virus, rendering the virus permanently inert. They also break up circulating immune complexes in the blood.

They enhance the elasticity of erythrocytes and reduce aggregation of blood platelets, increasing blood fluidity and its circulation in tissues. Enzymes are what take out the garbage, and they are the tools to rebuild the body. But the body can only produce so many.

When the body quits, producing proteolytic or protein digesting enzymes responsible for controlling fibrin levels in the body system, the body dies within 24 hours. The more enzymes we supplement the body with and get in our diets, the longer we live. It's that simple. Heart attack, stroke, somewhere, somehow, the body will cease to function." – Dr.

Tim Kelly

Enzymes are the fountain of youth, if ever there was one. Aging appears to begin between the ages of 27 and 35 when the production of enzymes that dissolve protein begins to diminish. Scars stick around longer and remain more prominent. Aches and pains take longer to fade, injuries become slower to heal, and our body just doesn't seem to recover like it once did because it doesn't. We do damage to our body simply by being alive, and the more damage we do, the more enzymes we need to repair the damage.

Everybody can use more enzymes. We cannot get an optimal amount in our food unless we grow most of our own food with best practices to produce the most nutrient dense crops. Even then, we could still use more. Our body produces enzymes, but only a finite amount. The more foods we consume that are void of enzymes, the more we use up our finite supply.

Enzyme supplements fall under two categories: digestive and systemic. Digestive enzymes are taken with food to help digestion. There are also enzymes in raw foods that make it easier to absorb and properly assimilate nutrition.

Systemic enzymes (pancreatic enzymes, proteolytic enzymes, metabolic enzymes) are a bit more complicated. Getting enzymes from the digestive tract into the bloodstream isn't easy. Enzymes released in the stomach will help digest food but will not survive the stomach acid. This is why systemic enzymes are typically offered in an acid-resistant capsule. The capsule is designed to release in the more alkaline environment of the intestinal tract. As long as the enzymes are taken on an empty stomach, the results have been shown to be spectacular.

Systemic enzymes have been used to treat problems and successfully eliminate ailments ranging from physical injuries, arthritis, heart disease, cancer, high blood pressure, autism, herpes, HIV, (seems to work against any

virus) fibromyalgia, asthma, and so much more. Most of the research has been published in non-English language journals. This systemic use of oral enzyme supplementation is just beginning to take off in the United States.

There are no reported side effects with systemic enzymes. Massive doses do not cause any problems or side effects, unlike high doses of pharmaceutical drugs or extremely high doses of supplements and herbs. The initial dosage, which is often one potent enzyme pill taken three times daily, 45 minutes before or 45 minutes after a meal, can be raised by three tablets daily every few days until the desired therapeutic response develops. A person given more than 3700 enzyme tablets in one day experienced diarrhea, but this was attributed to the capsules, not the content. The only side-effects from the enzymes themselves will be reduced inflammation and reduction of damaged and decaying cells, fibrin, viruses, and other proteins that have been introduced from a leaky gut or the body's own mutated proteins (which happens under stress).

Enzyme supplementation is not a quick fix, but over time, they do produce amazing results. Consider systemic enzyme supplementation for repairing the damage done to the body from vaccines, infections, toxins, poor diet or lifestyle choices, breathing the air we breathe, or anything that would cause any damage. Enzymes can help the body to reverse its age. What is age if not accumulated damage?

Conclusion

For those suffering from high blood pressure for a very long time, or those who have any other heart conditions, we also highly recommend [Shillington's Heart Formula](#) and large doses of [systemic enzymes](#) right away. And do read [Understand Hypothyroidism – Prevention and Natural Remedies](#) if you suffer from hypothyroidism.

Be sure to check out [How to Make A Tincture](#) if you plan to make one of the aforementioned formulas, and see the [cranberry lemonade recipe here](#). High blood pressure is something you can eliminate very quickly. You just need to let go of conventional wisdom, embrace natural health, and clean your blood to that your heart can do its job.

Recommended Supplements:

- [Systemic Enzymes](#)
 - [Vitamin D](#)
 - [Omega-3 w/CoQ10](#)
 - [Liquid Light – Sunwarrior](#)
- [Shillington's Blood Detox Formula](#)
 - [Shillington's Body Balance+](#)
 - [Shillington's Blood Detox Tea](#)
 - [Shillington's Brain Tonic](#)
 - [Shillington's Heart Formula](#)

Further Reading:

- [Understand Hypothyroidism – Prevention and Natural Remedies](#)
 - [How to Make A Tincture](#)
- [Inexpensive Easy Detox the One Gallon Challenge](#)
 - [80% Raw Food Recipes](#)
 - [Acidity and Alkalinity Balance](#)

Sources:

- [Alternative approaches to hypertension – Dr. Hoffman](#)
 - [Heart Health, Inflammation & Systemic Enzymes](#)