

Having a Healthy Heart

by Dr. Garry F. Gordon, MD, DO, MD(H)

February is American Heart Health Month, and I am happy to report that there is some exciting progress being made in our understanding of heart disease, of its underlying causes, and how to prevent and even reverse it! Many people are beginning to appreciate the serious limitations of surgery and toxic prescription drugs, and so are looking more at prevention through diet, natural supplements and lifestyle changes. Genetic predisposition does not determine your fate. Our genes are controlled predominantly through environmental signals – received through external and internal pathways – and so developing heart disease or succumbing to a fatal heart attack, regardless of family history, is something you *do* have control over.

I have spent nearly five decades researching and developing my wellness program, ***F.I.G.H.T. For Your Health***, which has successfully helped thousands of people avoid stenting and bypass surgeries, reduce and even stop toxic medications, increase their longevity, and achieve a quality of health they had previously thought impossible. I have found that my patients who diligently follow the ***F.I.G.H.T. For Your Health Program*** have been able to reduce, and in some cases, completely stop their drugs. I do not use or prescribe statins ever! I do not send any patients for bypass surgery, as most so called “serious” coronary blockages already have collateralized when checked with the more accurate PET scan.

F.I.G.H.T. For Your Health began as a personal program in treating my own heart disease, and is based on the foundation of taking Beyond Chelation Improved, or BC-I, which consists of nine pills, taken preferably twice daily, that meet all my basic nutritional needs. Briefly, BC-I includes:

- 3 Beyond Any Multiple (BAM) multi-vitamins
- 3 Essential Daily Defense (EDD) detoxifying, blood-thinning capsules
- 1 Evening Primrose Oil capsule
- 1 Omega 3 Fish Oil capsule
- 1 Phosphatidyl serine with Gingko biloba capsule, assisting with memory and brain function.

There are no multiple vitamin products available on the market today that can even try to compare with BC-I. It has more vital nutrients at required levels than any multiple you can find, including Resveratrol and Vitamin K2 which is *the* key to preventing hardening of the arteries and avoiding bone calcium loss. Normal aging often involves abnormal deposits of calcium in the soft tissues throughout the body such as heart valves, glands, and blood vessels. And as we know, calcification of the coronary arteries markedly increases heart attack risk. Unfortunately, many are prescribed anticoagulant drugs such as Coumadin and Plavix, supposed to protect against heart attack and stroke. However, these drugs are very toxic and inhibit the normal vitamin K2 function in the body, which

results in an even more rapid development of vascular calcification. Vitamin K2 is absolutely essential for regulating calcium balances in the body, along with magnesium and vitamin D3. Maintaining constant levels of vitamin K2 protects against atherosclerosis, bone loss and osteoporosis, and can even *reverse* arterial calcification. Vitamin K2 also possesses anticancer properties while suppressing factors involved in other common age-related diseases.

For those seeking natural alternatives to Coumadin, I recommend that they switch to far safer and even more effective enzymes such as Boluoke (Lumbrokinase), or Nattokinase. Lumbrokinase is extracted from Chinese earthworms, while the Nattokinase enzyme is derived from fermented soybeans that the Japanese call Natto. Both of these natural substances target fibrins in the blood, helping the body naturally break down and digest blood clots safely.

Finally, we know how important exercise is for any meaningful life-style program. Regular, moderate exercise combats the negative effects of stress on our cells, and slows cellular aging by preserving telomere length and cell vitality. Exercise promotes an anti-inflammatory environment which bolsters immune function, reduces the risk of infections, and helps to rid cells and tissues of toxins – all equally important for healthy heart and cardiovascular function.

But not everyone has the ability to physically workout. Adding Pulsed Electro-Magnetic Frequency therapy, or PEMF, to my F.I.G.H.T. program solves this as studies prove that PEMF produces the same biological effects as physical exercise, only without any stress, strain or fatigue. PEMF delivers the most powerful form of exercise I have found, what I call Magnetically Induced Cellular Exercise, or M.I.C.E. Now everyone can experience the benefits that moderate exercise produces at the cellular level, even patients that are wheelchair or bed-bound.

At 77 years young, I am living proof that My ***F.I.G.H.T. For Your Health (with M.I.C.E.)*** program works! I have no need for any pharmaceutical medications! I feel better, perform better, and am literally healthier today than I've ever been! Along with quality, affordable supplements such as BC-I with resveratrol and vitamin K2, ***F.I.G.H.T. For Your Health (with M.I.C.E.)***, can lead you towards a bright future and a happy, healthy heart.

For more information about FIGHT For Your Health, visit Gordon Research Institute online at www.gordonresearch.com/articles_various/fight_protocol.html.