

HealthCures101.com

# ARTERIES (hardening)

including:

## **All about Cholesterol and Plaque, and Circulation Secrets**

This information is a collection of studies, observations, research and practical advice written for the purposes of helping people help themselves become disease-free.

**MEDICAL DISCLAIMER:** Please note these statements have not been approved by the Food and Drug Administration. This information and the opinions contained therein are not intended to diagnose, treat, cure, or prevent any disease. Statements are opinion and not constitutable as facts or medical evaluations. This material is for information purposes only and is not intended as medical advice. Since there is always some risk involved with publishing alternative works, the author, publisher and distributors are not responsible for any adverse effects or consequences resulting from the use of any suggestions or procedures described hereafter.

Everyone wants a quick fix. There is no magic pill.

You can't get rid of lung cancer by simply eating broccoli.

Your condition is probably the result of choices you have made that led up to this point, and it helps to understand what caused the condition in the first place so you can make sure it doesn't happen again or continue to get worse.

The answer to real health isn't about simply adding something to what you are presently doing... but more importantly what you take away.

Health is body, mind and spirit. If ten years of intense stress turned into a physical condition, you can't just take an herb or pill. You have to address the cause of the stress and neutralize it in your life. I will try and help you with that, but you must ultimately heal yourself as a whole being- body, mind and spirit.

This summary lists the most common causes, symptoms and what to take and do about them. This is a cheat sheet. Remember, simply taking some herbs isn't going to magically make you well if you continue to do what caused the condition. It is HIGHLY recommended you read the DIET AND LIFESTYLE booklet and follow its guidelines. If you do that, most of what you have will probably go away without even reading this. What you have is just a symptom. To eliminate the symptom, eliminate the cause.

The bottom line is you need to feel good again. OK. roll up your sleeves and let's start right now.

## **HOW TO USE THIS INFORMATION**

What you are about to read is a compilation of information I have been gathering for the last twenty years. It is totally up to date with the very latest findings. Much of it has been tested on myself and others I know. This is just one category from over 600 I have been assembling, for a book I have been putting together over the years... an all-encompassing health reference where anyone can look up their condition and see what to do about it. It's taken me years and I'm still not done. The way it's going, it will probably be a thousand page book. This is a massive undertaking. In the meantime, people are needlessly dying and struggling painfully with totally avoidable health conditions. I need to get what I have out there RIGHT NOW. So, even though I am not finished, I am sharing what I have so far. I have broken it into pertinent categories and tried to keep the explanations as short and to the point as possible. The most effective way to use this is to read the main DIET and LIFESTYLE booklet along with the category that best fits your condition. There may be several categories that should be read simultaneously because everything connects. Most people don't think much of the colon, liver and kidneys, but that's where it all backs up. You can't just put a cream on psoriasis and expect it to magically go away when all of your blood is toxic and just trying to push the toxins out through your skin. You need to clean the source, not the symptom.

## HERBS AND SUPPLEMENTS

There will be listings of the best supplements and herbs to take for specific conditions. Supplements (vitamins, amino acids etc) should be taken at a specific dosage for the most part. But herbs are simply plants. How much you take is up to you. These are herbs, not drugs. They are powders or liquid tinctures made from plants. You can't overdose on dandelion. But you CAN take too little to have an effect. As a general rule, tinctures are concentrated liquids that are more powerful than powders. But all you have to do is take more powder. It's that simple. Mix the powders in water or juice and take throughout the day. I will tell you where to get the herbs online and they will send them to you. Simply mix them in a bowl and start by taking a tablespoon or two in water. If they are too bitter, add some raw honey or green stevia powder (a natural sweetener made from leaves). Don't use the white stevia, it's processed and refined. You can obviously get herbs in capsule form at the health food store, but at a considerable mark-up. Herbs don't cost that much. Not even wild-crafted organic. I have certain ready-to go herbal formulas if you want it already done for you. You can get them at [MarkusProducts.com](http://MarkusProducts.com)

But you can do everything yourself. That's the point of all this- to empower you with enough information to take your life into your own hands. Healing should not be expensive, clinical or painful. It should be natural and done at home. You are in control. It's YOUR life. Let me jump start you. This information is timeless. It's healed millions if not billions of people throughout history. Remember, the first step is cleaning out before taking magic healing herbs and supplements.

The language is basic, blunt and to the point. It's not in some flowery pretty format. Sometimes it's just a list of what to take with no explanations. I tried to explain what I could, but remember, I had to do over 600 categories ! This would have taken years more... but you need this now. Please excuse the mess.

I am not a doctor and I cannot give medical advice. I am sharing with you my own findings, experiences and results from over twenty years of personal study. These are just my opinions. Please take care.

With  
Love

Markus

## **TIPS:**

For example it might say take cherries for lycopene... but no fresh berries are available. Many health food stores have organic cherries in the freezer section. (30% of vitality is lost by freezing, but it's much better than nothing). You can also get some freeze-dried powdered berries from herb companies with most antioxidants still intact. It's not wise to get dried fruit though because the sugars are too concentrated... unless you soak them in water first.

Take stuff 3 or 4 x a day. Don't think just taking one tiny swallow a day is going to do anything. You drink giant sugary sodas all day that are full of chemicals and you don't think twice about it. Yet you are afraid to swallow a teaspoon of healthy herb.

Amino Acids- yes you can take specific amino acids for specific conditions, but it's a lot easier to simply eat or drink something that naturally has lots of amino acids like chlorella, bee pollen, nutritional yeast, durian, etc.

**Good Luck**  
**and**  
**Lots of Health !**

# ARTERIES (hardened) Artherosclerosis

## SIGNS

cold hands and feet,  
leg cramps  
bad memory  
slow mental performance  
respiratory problems, winded easily  
weak blurry vision  
high blood pressure  
stress  
sexual impotence  
inflammation  
bleeding gums

Only animals produce cholesterol, plants don't. So if you eat animal foods or anything that comes from an animal, you are loading up on cholesterol. That's why eating plant foods is heart healthy. What is cholesterol? Cholesterol among other things is actually scar tissue. Your body naturally produces it as a protective measure for times of hardship. Think of it as little armor plates circulating through your body. Then in times of stress or danger or attack (from toxic invaders, bacteria, even stress)- your armor plates instantly start coating everything- including your delicate blood vessels, making them more rigid and protected.

People who don't eat meat but still get sick a lot (like stressed-out vegetarians who eat acid-forming dead foods like bread, pasta, cereal, cheese etc) could end up having as much or even more cholesterol-hardened arteries than other people because the infections and illnesses cause more and more armor-plating to form on organs and arteries to protect from bacteria and viruses. If you have inflammation in your body, you probably have cholesterol forming in you.

Stress is a major cause of cholesterol because the body is constantly getting the signal that it is under attack, so it keeps piling on the armor, making the arteries more rigid and lined with plaque that impedes blood flow.

Toxic chemicals are also an invader which the body must protect itself from.

Chlorine is a big one. It causes scarring of the arteries, and almost all tap water has chlorine in it. Drinking tap water is not the only way chlorine gets into your system. It soaks through your skin during showers and swimming, and gets into your lungs from the hot shower steam. From there it goes right into your blood stream. Be also aware that since chlorine is in public water systems, it is obviously also being used in the irrigation of fruits and vegetables. We eat this and it scars our arteries which leads to arteriosclerosis. We need to keep cleaning our bodies to dissolve this nasty poison even if we eat organic. Welcome to the modern world.

And of course eating animal foods (meat, cheese, butter, ice cream, milk, fried foods, meat-based broths etc) exponentially fills our bodies with so much cholesterol it's totally overwhelming. Consider also that most animals raised for human consumption are stressed out, filled with toxic chemicals, steroids, hormones, antibiotics, synthetic crap and processed food... so their cholesterol levels are also through the roof.

Homogenization makes the dairy products scar the arteries in your body, making that milk and cheese a major cause of heart disease.

Watch your sugar and carbs... they turn into glucose and if you eat more than you need, your body will store it as saturated fat and cholesterol... guess where... your arteries, which leads to high blood pressure, clots and heart disease.

## WHAT TO DO:

What we need to do is STOP doing the things that cause unnatural cholesterol formation (de-stress, avoid animal and processed foods) and START doing things that clean out the cholesterol plaque build-up in our bodies, and there are natural things that do that.

Cut caffeine, saturated fat, cigarettes (incl. second hand smoke), salt, alcohol, stress, fast food, fried foods, sodas, meat, sugar, processed food, preservatives

ENZYMES(especially protease, which helps unclog arteries)

MAGNESIUM helps dissolve calcium buildup - softens arterial plaque making it easier to remove. The countries with the highest rates of coronary and heart problems have the highest calcium levels in the water and low magnesium, while high levels of magnesium help soften and counteract calcification

GARLIC- Garlic is a WONDER DRUG ! It not only thins blood and fights harmful bacteria, but can also reverse blockages in arteries . Allylic sulfides in garlic suppress cholesterol synthesis in the liver. It lowers bad LDL cholesterol, while keeping good HDL at normal levels.

consume lots of garlic and ginger- it prevents blood "stickiness"

NIACIN is one, if not the only substance that can elevate good HDL cholesterol and at the same time lower bad LDL, VLDL cholesterol. Niacin dilates blood vessels which improves circulation

Quercetin

cherries, dark berries

superfoods like chlorella

White and Green Tea

EFA oils

Tocotrienols\*\*\* see below

Sea greens- lower cholesterol and have iodine which prevents artery plaque. They also have Vit K\*\* see below for more info

Aloe vera

chelation

vitamin K

Ginger

dance

love

relax

meditation

Serrapeptase (enzyme that dissolves plaque)

grapefruit

artichoke extract

fresh greens- GREEN SMOOTHIES EVERY DAY \*\*\*

1 glass red wine w dinner

exercise

Aerobic exercise helps raise good HDL levels

Dry skin brush

Hot/cold shower

Hawthorn

Ginkgo Biloba

CoQ10

Grape seed extract

Pine bark

milk thistle (to balance liver fats)

BEE PROPOLIS\*\*\*\*

Nutritional Yeast

Silica strengthens arterial walls and reduces inflammation

Micohydrin plus (royal health.com) helps remove artery build up

A high fiber diet is mandatory for getting rid of high blood pressure. It reduces cholesterol, lowers blood fats and cleanses fatty build ups.

Olive oil raises good HDL cholesterol levels and removes bad fats

Lecithin lowers cholesterol and removes arterial plaque

Onions- Helps stimulate circulation

Cayenne peppers strengthen all cardiovascular activity, dilate arteries and reduce blood pressure

Turmeric, and anti inflammatory spice, helps decrease cholesterol levels and prevents progression of arteriosclerosis

METHIONINE-amino acid

Vit C strengthens arterial walls. People low in vit C have more heart attacks. Sources- citrus, broccoli, peppers.

**BIOFLAVONOIDS-** anti-inflammatory (works as well as prescription anti-inflammatories), anti-microbial - part of the vit C complex, bioflavs prevent arteries from hardening, and help make blood vessels strong and supports collagen. They hold

connective tissue together, lessen bruising, internal bleeding, hemorrhaging, swelling, spider and varicose veins, lower cholesterol, stimulate bile production, strengthen the immune system and fight inflammation and infections and herpes. They slow cataract formation, and help prevent diabetic retinopathy. The body can't make this stuff, so you have to get it from natural fresh foods. Quercetin is the strongest supplement form.. Good food source of bioflavs are blueberries, cherries, sea plants, peppers, turmeric, ginger, alfalfa, rosehips, the white part under the skin of citrus fruits, buckwheat greens, and herbs like hawthorn, nettles, yellow dock, elder, shepherd's purse, and juniper berries.

Tocotrienols exert powerful antioxidant, anti-cancer action, and a major area of success with the use of tocotrienols is in lowering elevated cholesterol levels without side effects. Tocos help reduce arteriosclerosis and the damage that has been created

Lower stress with Gotu Kola, Eleuthero, Passionflower, Skullcap, lobelia

CHROMIUM- lowers bad LDL cholesterol levels, increases good HDL cholesterol levels. GTF is best form.

\*\*\*GINKGO BILOBA- improves circulation, sends more blood and oxygen to the brain, reduces blood cell clumping and **helps makes cholesterol-hardened blood vessels** more elastic again. It increases vascular strength and helps reverse male impotence

GUM GUGGUL-natural gum resin herb used for reducing cholesterol and strokes. Guggulipid, a guggul extract, lowers bad cholesterol and triglyceride levels, and reverses artery plaque.

LITHIUM- helps with arteriosclerosis, but don't take too much or you'll get heart palpitations

Fo-Ti (He Shou Wu)-helps remove plaque from the arteries.

Bupleurum- good for heart and lungs- improves circulation and respiration. Bupleurum helps edema, which is often associated with congestive heart failure. It reduces inflammation, helps prevent artery plaque, strengthens blood vessel walls, helps detox the liver (even good for hepatitis) and increases dopamine levels so you'll feel good. It increases levels of the antioxidant, anti-inflammatory, and immune boosting enzyme superoxide dismutase (SOD).

COLEUS FORSKOHLII- amazing ayurvedic herb in the mint and lavender family used for allergic conditions such as asthma and eczema. helps relax bronchial muscles in asthmatics making breathing so much easier. Good for psoriasis, reduces inflammation, blood pressure, hypertension, glaucoma, helps strengthen heart, dilates blood, lowers artery plaque build up and helps regulate thyroid. It also increases ATP (energy) and cAMP (cyclic adenosine monophosphate in case you're wondering)... which stimulates nitric oxide which dilates blood vessels in lungs, including in the genitals... like Viagra.



**Pycnogenol- pine bark OPCs-** a highly active bioflavonoid that makes capillaries more elastic, improves circulation, resists inflammation, strengthens arteries, protects against atherosclerosis and reduces varicose veins and hemorrhoids. It is also one of the few antioxidants that crosses the blood-brain barrier to directly protect brain cells.

**Grape Seed extract-**a powerful bioflavonoid that directly fights arteriosclerosis, strengthens blood vessels and circulation, fights tumors, varicose veins, restless legs, inflammation

**SILICON/SILICA-** helps prevent arteriosclerosis. Bamboo is one of the very best sources in silica to strengthen blood vessel walls, reduce artery inflammation, and prevents plaque build up. It also strengthens the heart.

**MSM (Internal)& DMSO (external)** dissolves inorganic calcium from arteries, heart, lungs- take several tablespoons a day with a glass of water. Very bitter- may want to take in capsule form

**Chromium-** helps lower triglycerides and insulin induced artery damage.

**Amla berry-** reduces artery inflammation and protects the cells from oxidation because it is such a high source of vitamin C. It's also a powerful antibiotic so it helps prevent plaque formation brought on by bacteria.

**Chickweed-** antioxidant that reduces body fat- especially cellulite, removes plaque from arteries, builds nerve tissue, regulates thyroid, dissolves cysts and tumors, alkalizes the blood, heals ulcers, removes old hard crusty dried mucous from the colon, neutralizes toxins, stimulates lymph and glands, and has laxative properties. Chickweed is a complete B complex, C, D, calcium, chromium, cobalt, copper, iron, manganese, magnesium, molybdenum, phosphorus, potassium, selenium, silicon, sodium, tin, zinc, lecithin, fatty acids, bioflavonoids, and saponins. Regulates intestinal flora.

**Pumpkin seeds-** good for heart

L-Carnitine

CoQ10

### **GOOD FATS vs BAD FATS**

**Raw plant fats** remove free radicals, reverse heart disease, make better brain tissue and insulate nerves. Sources- avocados, olives, coconut, nuts, durians. **MACADAMIA NUTS-** is a good example of a natural fat that protects against coronary heart disease and decreases arterial clogging.

**Gum disease** and heart attacks- people w periodontal disease are 3x more likely to have a heart attack than people w healthy gums. Toxic bacteria enters bloodstream, reaches heart and scars arteries. Toxins and inflammation created by periodontal bacteria get into the blood stream and triggers the liver to release a substance called C-

Reactive Protein (CRP), who's levels believe it or not is a much more accurate way of predicting heart attacks than cholesterol levels ! This stuff also leads to blocked arteries, blood clots, high blood pressure, sudden heart attacks, doubled levels of colon cancer, Alzheimers, and all kinds of chronic serious immune problems. **Have your CRP levels checked !** If you have sensitive or bleeding gums- go to the dentist and have them cleaned NOW. Then STOP eating processed cooked sugary starchy carbs and animal products. Wash your mouth out with hydrogen peroxide and use something like my tooth powder (baking soda, cayenne, seat salt). Floss or even better- use a WATER PIC. Clean your blood and liver with a serious fast, herbs and colon cleansing. This is serious. Do not take bleeding gums lightly.

Cinnamon- good for blood glucose (sugar) levels

Papayas lower fats and cholesterol in the blood stream., thus reducing the risk of arteriosclerosis, strokes, and heart attacks.

POMEGRANATE- increases blood flow to the heart, decreases plaque and atherosclerosis, and lowers LDL oxidation

Dehydration is a major cause of hypertension. Do not take diuretics because they further dehydrate the body which causes cholesterol blockage of heart, blood vessels and arteries that go to the brain, causing strokes, heart attacks and brain damage

THIAMINE (B1)- at least 100mg of helps reduce blood vessel inflammation

Serrapeptase is an enzyme that Digests artery plaque! Taking three 5mg tablets per day for a year has been proven to remove blockages

HISTIDINE- amino acid found in hemoglobin and is important to the production of both red and white blood cells. Histidine also turns into Histamine in the body , which is important to a strong immune system, fighting allergies, colds and respiratory infections. It's a strong vasodilator, relieves hypertension, helps cardio-circulatory diseases, anemia, cataracts, joint nutrition, arthritis, removes heavy metals, and oh yeah- it raises libido in both sexes.

METHIONINE- essential antioxidant amino acid, blasts free radicals. Has lots of organic sulphur for healthy liver, lymph and immune system. Protects against chemical allergic reactions. Keeps fats from building up in liver and arteries ( good for high blood pressure and cholesterol) Protects from toxemia during pregnancy. Also good for healthy skin, hair and nails. Prevents hair loss.

AMLA BERRY (INDIAN GOOSEBERRY)

Richest herbal source of vitamin C and bioflavonoids, each amla fruit contains up to 700mg of Vit C. Famous for it's anti-aging, immune strengthening properties, amla is used for anemia, asthma, bleeding gums, diabetes, colds, lung disease, glaucoma, hypertension, yeast infections, even used to treat cancer. Amla increases levels of

superoxide dismutase, which reduces artery inflammation and strengthens the vascular system. It's a powerful anti-oxidant, antiviral, antibacterial, and antifungal, anti-inflammatory, antispasmodic. It cleans and strengthens the liver. Great for sugar freaks because it protects the blood vessels from insulin damage and improves the body's insulin sensitivity. It improves protein metabolism and . Contains vitamins A, B1, B2, B3, C, D, E, calcium, chromium, cobalt, iron, manganese, magnesium, phosphorus, potassium, selenium, silicon, tin, zinc, bioflavonoids, and saponins.

Cell salt- Calcaea fluor- good for hardened and weak blood vessels, including hemorrhoids, varicose veins

**BEE PROPOLIS- AMAZING STUFF !** It's what bees coat their beehives with to protect the hive from harmful bacteria. It's collected from the sticky resin under tree bark. It is a very powerful anti-viral, anti-biotic, anti-bacterial. It's actually better than many antibiotics at fighting bacteria and viruses like E-Coli and salmonella! . It's very effective against pneumonia, ulcers, speeds healing of broken bones and helps grow new cells. Heck it even fights cavities, gum disease, high blood pressure, artery plaque, skin cancer, warts, herpes and pretty much anything else. Bees are angels. Everything they do and make is magical.

### **FULVIC ACID-**

Fulvic Acids, Shilajit and Plankton.

(obtained from an organic prehistoric goo oozing from Himalayan rocks)

As the most powerful, natural electrolyte known, fulvic acid restores electrical balance to damaged cells, neutralizes toxins and can eliminate food poisoning within minutes. When it encounters free radicals with unpaired positive or negative electrons, and it supplies an equal and opposite charge to neutralize the free radical. Fulvic acid makes minerals bioactive, bioavailable, and organic. so for example, it helps the body absorb calcium better which means accelerated bone growth and new tissue regeneration for people with osteo problems. Mineral deficiency subjects us to more diseases, aging, sickness and destruction of our physical well-being than any other factor in personal health. Minerals in their natural "rock" state are useless to us, but once a plant absorbs and transforms them, our body can utilize the now "organic minerals. Organic fulvic acids are created by micro-organisms in the soil, for the purpose of transporting minerals and nutrients from the soil into the plant. Fulvic Acid chelates and prepares the minerals to be accepted and used by our cells. At the same time it also seems to dissolve away years of calcified accumulations in our body, joints, arteries and muscles, making us more flexible, limber and youthful again. Fulvic acid is a powerl antioxidant that can safely neutralize a free radical without becoming a free radical itself, AND has the added benefit of being able to cross the blood-brain barrier !

Fulvic Acid/Shilajit increases the core energy responsible for sexual and spiritual power the same force that is withered by stress and anxiety. The use of Shilajit is for renewing vitality. Its Sanskrit meaning is 'conqueror of mountains and destroyer of weakness.' People that have taken it claim it does wonders for more energy, relieve digestive problems, increase sex drive, urinary problems, diabetes, Anti-oxidant, Anti-

inflammatory, edema, anemia, Arthritis, joint problems, lowers cholesterol, improve memory and cognition, improve diabetes, reduce allergies, handle stress better, improve the quality and quantity of life and it seemed to cure all diseases.

### **BLUE MANGOSTEEN- anti-inflammatory**

The skin of the mangosteen fruit is considered one of the most potent natural healing substances. the skin is full of a group of antioxidants called "xanthones." (at least 40 different xanthones have been identified so far), each with a different healing property. It also has antioxidants similar to those found in cacao beans and polysaccharides similar to those found in aloe vera, noni and medicinal mushrooms.

Benefits and uses are- healthy joints, analgesic, reduces pain, arthritis, atherosclerosis, antiaging, antibacterial, antiviral. antifungal, antihistamine, antiinflammatory, antimicrobial, antioxidant, antitumor, antiulcer, cancer protective tested against breast cancer, leukemia, protects the heart, cold and flu, cataracts, glaucoma, immune system strengthener, supportive, helps protect liver, greater mental energy, focus and attention span, overall sense of well-being.

CURCUMIN- a turmeric extract, the yellow spice used in curry. A powerful oil-soluble anti-tumor anti-cancer antioxidant which can fight viruses, curcumin (and turmeric) are an anti inflammatory, relieves arthritic symptoms, inhibits platelet aggregation, controls excess fibrin buildup in blood vessels which leads to blood clots. Curcumin increases bile secretion and protects against blood cholesterol rise from eating fatty foods. It's . It inhibits tumor necrosis factor (TNF), so HIV can't replicate in T-cells. numerous studies show the anti-tumor power of turmeric and curcumin.

Dan Shen- slows the heart, and by increasing coronary blood flow, strengthens the contractions, and helps to correct irregular heartbeat. Dan shen has been shown to help prevent the damage to the heart and brain that normally occurs after heart attack or strokes. Dan shen dissolves blood clots and prevents the formation of new ones. It lowers cholesterol and triglyceride levels, prevents oxidative damage to nerve cells in the heart and brain, and helps with adrenal function to prevent stress induced thyroid dysfunction (good for thyroid).

### **SEAWEED**

Sea greens are the most nutritionally dense plants on the planet. You should have it in your meals 3x a day- that stuff is miracle food. It. They lower cholesterol, and help clear plaque out of arteries. They are rich in fiber, and packed with vitamins, especially K, A, D, B, E, C and a broad range of carotenes. There is no family of foods more protective against radiation and environmental pollutants than sea vegetables. Go for at least 2 tablespoons a day. Put them in your smoothies, salads, or some of them, like Dulse you can just eat straight out of the bag like gum.

Cell Salt- CALCAREA FLOUR (calcium flouride)- contained in the elastic fibers of the skin, blood vessels, connective tissue, bones and teeth. used to treat dilated or

weakened blood vessels, like those in hemorrhoids, varicose veins, hardened arteries and glands. Helps prevent tooth decay and loose teeth. (the homeopathic preparation is far safer than the highly toxic calcium flouride or hydrofluosilicic acid added to toothpastes and city water supplies )

Personal work- open your mind and see the good

# CHOLESTEROL

Cholesterol is not all bad. Our body creates it for a reason. It's needed for hormone production, metabolism, and brain function, but it's main job is to patch leaky and damaged pipes (arteries). It goes through our body harmlessly and only attaches itself to the walls of an artery where it is damaged. Three really big things that damage artery walls are-

- chlorine (from tap/shower water),
- hydrogenated oils or trans fats (probably in most of what you eat)
- Homogenized dairy products. The homogenizing process makes cheese, milk and yogurt deadly.

An acidic body damages and weakens arteries, so cholesterol starts piling on, trying to protect the arteries and keep them strong. Trouble is, like scar tissue, cholesterol makes things hard and inflexible. And the more it piles on, the harder the arteries get and the more blood flow is restricted (the less it is able to flow through "the pipes"), thus raising blood pressure and risk of heart attacks.

What makes the body acidic? You know, the typical list- unnatural, cooked, processed refined baked foods, sugar, alcohol, meat, cheese, milk, smoke, sodas, breads, chemicals, preservatives, stress, etc etc.

What makes matters even worse for people who eat meat and dairy, is that all cholesterol comes from animal sources (plants don't have cholesterol... not even oily stuff like olive oil, avocados, nuts etc). Cholesterol is only created by our own bodies and bodies of animals. So when we eat animal flesh or liquids that come from an animal, it contains cholesterol from that animal, therefore we are increasing the amount of cholesterol in our bodies immensely. And since most animals are raised in terribly unhealthy conditions and pumped full of drugs, they are SATURATED with cholesterol.

That said, cholesterol counts from blood tests don't mean much. People can have a really high count and no heart disease or blocked arteries, yet there are people who have really low cholesterol counts who's arteries are as clogged as the New York sewers and drop dead from heart attacks. So it's not totally a matter of how much cholesterol you have, but how acidic and unhealthy your body is, because only then will the cholesterol become your enemy. In that case, those people with high counts are asking for trouble. It would be like pouring a truckload of cement into your veins.

Forget about your cholesterol levels. Check to see if your arteries are clogged or not, and if they are, clean up your act. Dissolve away that cement and stop eating crap that magnetizes cholesterol to your arteries.

So now that you know the basics, let's get on with **cholesterol 101**, so you know what your readings mean when you get your blood test back. There is good cholesterol and bad cholesterol, just like there are good fats and bad fats.

### **Terms-**

HDL- high density lipo-protein (GOOD cholesterol)

LDL- low density lipo-protein (BAD cholesterol)

VLDL- very low density lipo-protein ( VERY BAD cholesterol)

**LDL**-(bad) think of this stuff as construction workers that do sloppy patch jobs leaving excess cement behind on artery walls. Signs this has happened-

-cold hands and feet (poor circulation)

-leg cramps

-breathing problems, asthma, pulmonary issues

-dry skin and hair

VLDLs have been linked to heart disease and cancer (take Niacin)

### **WHAT ARE GOOD CHOLESTEROL LEVELS ?**

**Good LDL levels- less than 130 mg/dL**

**High LDL levels- over 160 mg/dL**

High levels end up blocking blood flow to your heart (heart attack) and brain (stroke).

Warning signs -heart palpitations, dizziness

HDL- (good)- helps prevent artery walls from getting clogged by carrying away excess LDL cholesterol to the liver to be turned into excretable bile.

**Good HDL levels- 60 mg/dL and above**

**Low HDL levels- below 35 mg/dL too low**

**Total cholesterol levels should be under 200 mg/dL.**

**Anything over 240 mg/dL** is heart disease territory

**Anything below 180** isn't good either, unless you want hemorrhagic stroke.

Cholesterol lowering drugs mess up your liver and all kinds of other body parts like um- your heart, your ability to have sex, uh- kidney failure, what else- your eyes, stomach, adrenals... geez, why do people take this stuff? It doesn't even lower heart attack risk because it destroys half the body's supply of CoQ10, which is necessary for heart strength and holding your arteries together. By the way, do not take grapefruit if you're on cholesterol medication.

Blood pressure drugs are bad news too- **calcium channel blockers** double your heart attack risk. (ironic, huh?)...and have been known to make people suicidal. This is like tossing a cement block to a drowning victim.

Want something a little healthier ? try MAGNESIUM. ( tip >Anytime you hear the word calcium, think Magnesium and take some.)

### **WHAT THE HECK ARE TRIGLYCERIDES ?**

Triglycerides are sticky blood fats that cause red blood cells to stick together and increase the density of LDL (the bad) cholesterol. High levels makes circulation difficult (think sugary glue) making things very difficult for your poor heart. If your triglyceride level is over 250, you just doubled your chances of a heart attack. Yes this has to do with blood sugar and eating too many sweets.

good- less than 200 mg/dL

bad- above 400 mg/dL

### **ALRIGHT- JUST TELL ME WHAT TO TAKE...**

If you can afford it, I seriously suggest you get a **KANGEN WATER MACHINE**. This thing is amazing ! Read my lifestyle and diet book...it talks more about it. You are 18 gallons of salt water solution. Without proper alkaline water, you can't get totally healthy.

**NIACIN** is one of the only substances that can elevate good HDL cholesterol while lowering bad LDL cholesterol, triglycerides and VLDLs. It dilates blood vessels, improves circulation and helps blood sugar problems which create the triglyceride menace.

**BIOFLAVONOIDS**- anti-inflammatory (works as well as prescription anti-inflammatories), anti-microbial - part of the vit C complex, bioflavs prevent arteries from hardening, and help make blood vessels strong and supports collagen. They hold connective tissue together, lessen bruising, internal bleeding, hemorrhaging, swelling, spider and varicose veins, lower cholesterol, stimulate bile production, strengthen the immune system and fight inflammation and infections and herpes. They slow cataract formation, and help prevent diabetic retinopathy. The body can't make this stuff, so you have to get it from natural fresh foods. Quercetin is the strongest supplement form.. Good food source of bioflavs are blueberries, cherries, sea plants, peppers, turmeric, ginger, alfalfa, rosehips, the white part under the skin of citrus fruits, buckwheat greens, and herbs like hawthorn, nettles, yellow dock, elder, shepherd's purse, and juniper berries.

green tea- antioxidant that helps keep cholesterol from oxidating (you don't want oxidated cholesterol, trust me)

LECITHIN \*\* helps dissolve accumulated cholesterol (yay!) and helps get rid of that nasty arterial plaque

JIAOGULAN\*\*\* dilates blood vessels, lowers blood pressure, LDL, VLDL, triglyceride levels, (used in China for centuries)

CURCUMIN\*\*- a turmeric extract, the yellow spice used in curry. A powerful oil-soluble anti-tumor anti-cancer antioxidant which can fight viruses, curcumin (and turmeric) are an anti inflammatory, relieves arthritic symptoms, inhibits platelet aggregation, controls excess fibrin buildup in blood vessels which leads to blood clots. Curcumin increases bile secretion and protects against blood cholesterol rise from eating fatty foods. It's . It inhibits tumor necrosis factor (TNF),so HIV can't replicate in T-cells. numerous studies show the anti-tumor power of turmeric and curcumin. Very good for cholesterol\*\*

ALLYLIC SULFIDES- powerful organic antioxidant sulphur compounds found in garlic and onions that fight bacteria and viruses like staphylococcus, streptococcus and salmonella. They also help the heart, cardio system, lower cholesterol levels, decrease blood clotting, and help skin stay young.

MAGNESIUM- 1 teaspoon 3x day

Grapeseed oil \*\*\*\*

NIACIN, men 1500mg, women 1000mg

White pine bark

flax seed

Garlic- reduces LDL cholesterol, while leaving HDLs alone.

Vitamin C- reduces both LDL and triglyceride levels,

Green tea

Ginseng lowers cholesterol

Nutritional Yeast lowers cholesterol

Sea greens lower cholesterol and contain Iodine which helps fight arterial plaque.

green superfoods, spirulina, chlorella

probiotics,

Tocotrienols,

aloe vera- see below

organic wine raises HDLs (limit to 1 glass)

olive oil- raises HDL, removes bad fats

walnuts

avocados

yams

onions

lecithin

hawthorn\*\*\*

Tocotrienols (good results) see below

CoQ10\*\*\*

Grapeseed

Bilberry



Elderberry  
Carnitine  
EFAs \*\*\* Udo's oil\*\*\*-lowers LDL bad fats  
Ginseng -raises HDL  
Suma root  
cayenne  
ginger  
fenugreek  
NAC(N-acetyl-cysteine)1000mg daily  
chromium  
milk thistle,  
dandelion  
licorice  
barley

ACAI- great for cardiovascular health, blood pressure and cholesterol levels

fiber rich foods  
Jarrow Gentle Fibers  
Apple Fiber- has soluble and insoluble fibers that lower cholesterol and removes heavy metals

oh yeah- Exercise !!!

eat smaller meals  
reduce your stress, another cause of high cholesterol

Tocotrienols exert powerful antioxidant, anti-cancer action, and a major area of success with the use of tocotrienols is in lowering elevated cholesterol levels without side effects.

nicotine / smoke raises cholesterol levels

CHROMIUM- lowers cholesterol , increases HDL. Sources- Nutritional Yeast, honey, grapes, raisins or supplement form GTF.

CLA- CONJUGATED LINOLEIC ACID- an essential fatty acid with great reputation for reducing cholesterol

GAMMA ORYZANOL (GO) lowers cholesterol and triglyceride levels

GUAR GUM-soluble digestive fiber that lowers cholesterol and helps blood sugar

GUM GUGGUL- Ayurvedic stuff that reduces cholesterol and triglyceride levels by increasing the liver's metabolism of LDL cholesterol.

LION'S MANE (mushroom) that helps lower blood pressure and cholesterol

METHIONINE- essential amino acid

PHOSPHATIDYL CHOLINE- part of the lecithin world, it helps melt away cholesterol and triglycerides

CHOLINE- a B complex family member that works with to emulsify (dissolve) fats. Good for healthy brain function, choline is a neurotransmitter that aids memory and learning, dizziness, retard alzheimers disease and neurological disorders, lower cholesterol, overcome alcoholism, liver and kidney disorders, even cancer.

TAURINE\*\*- an amino acid that lowers cholesterol, normalizes heartbeat, prevents seizures and heart problems.

VITAMIN B-3 (Niacin) great for lowering cholesterol when combined with chromium

VITAMIN B-5 (Pantothenic Acid)- antioxidant that lowers cholesterol

ARTICHOKE LEAF EXTRACT- liver protector and gentle diuretic, increases bile flow, helps digest fats and get digestion moving, lowers cholesterol and blood pressure, good for indigestion and heartburn

Sunlight lowers cholesterol, blood pressure and blood sugar.

Rehmannia Root- lowers cholesterol

BENTONITE CLAY helps carry away bad cholesterol, grease, oils etc. Take before and after a "bad" meal.

Water lowers blood cholesterol. One of the functions of cholesterol is to protect cells from dehydrating. If you are not getting enough water, you might have cholesterol issues.

Red clover blossom-helps thin blood and reduce cholesterol, high blood pressure and blood clots.

Shilajit lowers cholesterol, triglycerides and phospholipids- great stuff

Serrapeptase enzyme- helps dissolve away arterial plaque. .5mg 3x day

Unused food in our bodies gets stored as saturated fat and cholesterol in our arteries. Eat less.

Pet owners have lower blood pressure, and lower cholesterol levels

**ACIDOPHILUS-** beneficial bacteria that synthesize nutrients in the intestinal tract, fight bad pathogenic bacteria like candida albicans and E Coli, and maintain a healthy intestinal environment. Also help auto-immune diseases that involve colon toxicity, like rheumatoid arthritis and chronic fatigue syndrome. Treats herpes simplex I and II, acne, mouth ulcers, even high cholesterol. Helps slow cancer growth. Use for digestion and overall health. Take at the end of the day or on empty stomach. Do not take at same time as enzymes.

**ALOE VERA-** is one of the most amazing miracle food plants on the planet. It's so fantastic, it's like aliens put it here. It lasts forever. Stores for months- cut it and **it heals itself!** It's a smart plant- it can tell the difference between normal cells (which it stimulates), and bad stuff like viruses, cancer, leukemia or HIV- which it stops from spreading. It's used in AIDS treatment. It's antiviral, antibacterial, good for candida, parasite, fatigue syndromes, fibromyalgia, allergies, arthritis, and skin conditions like eczema, psoriasis. It eliminates toxic wastes, has EFAs and is a powerful anti-inflammatory that help stomach and colon, which it helps clean. It helps every part of the body cleanse itself. It alkalizes- especially in the digestive system which helps over-acid conditions like indigestion, acid reflux, IBS, colitis, Crohn's disease and ulcers. (reduces ulcers by 80%!) It reduces cholesterol and triglycerides, helps metabolize fat and is great for... oh where do I start- adult diabetes, angina, blood sugar, cholesterol, acne, AIDS, allergies, anemia, arteries, arthritis, athletes foot, bad breath, baldness, bladder infections, bronchitis, bruises, burns, bursitis, cancer, candida, cataracts, cold sores, colic, colitis, constipation, cuts, cystitis...

Aloe has all kinds of natural steroids, antibiotics, amino acids, minerals, enzymes and stuff we haven't even discovered yet. Put it on your skin and it soaks right through into your body and blood stream, going right to work. Speaking of SKIN- Aloe is miracle skin stuff- it's rich in organic silicon and helps make strong cell and artery walls, mucous membranes, and the connective tissues of bones and cartilage, while healing skin cancers, hemorrhoids and varicose veins. It stimulates lymph movement and even has aspirin-like salicylic acid.

**METHIONINE-** essential antioxidant amino acid, blasts free radicals. Has lots of organic sulphur for healthy liver, lymph and immune system. Protects against chemical allergic reactions. Keeps fats from building up in liver and arteries ( good for high blood pressure and cholesterol) Protects from toxemia during pregnancy. Also good for healthy skin, hair and nails. Prevents hair loss.

**HISTIDINE-** amino acid found in hemoglobin and is important to the production of both red and white blood cells. Histidine also turns into Histamine in the body, which is important to a strong immune system, fighting allergies, colds and respiratory infections. It's a strong vasodilator, relieves hypertension, helps cardio-circulatory diseases, anemia, cataracts, joint nutrition, arthritis, removes heavy metals, and oh yeah- it raises libido in both sexes.

Dan Shen- slows the heart, and by increasing coronary blood flow, strengthens the contractions, and helps to correct irregular heartbeat. Dan shen has been shown to help prevent the damage to the heart and brain that normally occurs after heart attack or strokes. Dan shen dissolves blood clots and prevents the formation of new ones. It lowers cholesterol and triglyceride levels, prevents oxidative damage to nerve cells in the heart and brain, and helps with adrenal function to prevent stress induced thyroid dysfunction (good for thyroid).

Personal work- Don't resist. Let the joy flow

## CIRCULATION

GET OFF YOUR ASS! A sedentary lifestyle slows down circulation, metabolism and elimination of toxins. Hands, feet, face and ears become cold easily

- memory gets noticeably worse
- ringing in ears,
- depression and lethargy sets in

1. unclog yourself with colonics/ enemas
2. get in the shower and run hot water 30 seconds, then COLD water 30 seconds, then hot water , then cold etc, alternating at least a dozen times. Scream all you want- I don't care.
3. Do and take the following a lot every day-

### THE POWER OF HOT PEPPERS-

Cayenne and Ginger brings life and vitality back to the whole body. Use it every day. No other herb stimulates blood flow as fast and well as cayenne.

Dr. Schulze uses this stuff to stop heart attacks, strokes, fainting, inflammation etc.

You can even just put some cayenne in a glass of water and chug it.

topical- rub Cayenne (capsicum) ointment on area- for some real punch, add a dab of DMSO (KEEP AWAY FROM EYES!)

exercise, to where you are sweating, huffing and puffing

massage, especially deep muscle swedish massage

Qigong/T'ai Chi,

GINKGO BILOBA \*\*\*

GINGER,

mustard

garlic

turmeric

rosemary

green tea, white tea

hawthorn,

Fo-Ti,

Ginko Biloba,  
organic wine,  
eleuthero,  
- Glycine 500mg  
-chromium picolinate 200mcg  
CoQ10  
electrolytes

Niacin -start with 1000 mg, and keep going up till you feel better. Some need 3000, some alcoholics need 5000... some people even went up to 10,000 mg. I know that's a lot, but there doesn't seem to be any toxic effects from Niacin even at high doses. All it does is make you blood circulate a lot more and you will feel a rush of warmth- your body will get hot sometimes. Better to take early in the day or you might get night sweats.

CAPSICUM (CAYENNE)- one of the best circulation boosters there is. Helps ease pain in joints and muscles. Helps the whole cardiovascular system. Good for the heart. A great anti-inflammatory. Capsicum cream is good for arthritis, neuralgia, fibromyalgia, sports injuries, sore and sprained muscles. Helps digestion, burn calories, lose weight, , and boosts the action and potency of other herbs. Cayenne unblocks and brings life and vitality back to the whole body. Put it on cuts to stop bleeding (no it doesn't burn). In emergencies, it's helped save people who were having heart attacks, strokes or fainting.

ASTRAGALUS- Vasodilating properties help lower blood pressure, improve circulation, has anti-clotting properties, nourishes exhausted adrenals to combat fatigue, good for nerves and hormones.

CAMPHOR- helps promote circulation.

ROSEMARY- antioxidant that stimulates brain and memory

Every morning, drink juice of one lemon in glass of water with a bit of cayenne. It will get circulation going and alkalize your system.

To get your blood moving, take juice of one lime and add baking soda until fizz stops. consume.

[Bupleurum- improves circulation, respiration, great for heart, arteries and lungs.](#)

CAMPHOR-gum and bark are used for circulation, pain, nerves, multiple sclerosis, hepatitis, skin conditions

BENTONITE CLAY- to externally bring blood to areas that need circulation, make a paste by mixing with extra virgin organic olive oil -paste and slap on the area- great for diabetics. Also try the cayenne/ DMSO ointment (see above)

Cactus Grandiflorus Stem increases the heart's pumping force without increasing the heart's oxygen demand.

Serrapeptase enzyme- breaks up arterial plaque, less resistance for blood flow

Chuan xiong- Used in Chinese medicine to improve circulation by dilating blood vessels, and to calm the nerves.

A great exercise for the hands is to shake them vigorously a few minutes.

Walk barefoot each day a bit to improve circulation and stimulate other parts of the body. Walking barefoot stimulates and energizes our health.

alternate hot and cold (hot/cold water in shower etc, ice and warm packs etc)  
dry brush skin  
brisk walk every day

keep colon clear  
Jarrow Gentle Fibers  
avoid large or heavy meals  
eat smaller meals more often  
avoid meat

BAAd for circulation-  
fried fatty foods (esp trans fats in snacks)  
sugar, caffeine, salt, dairy  
smoking and alcohol that restrict blood flow

**MSM-** (sulfur) **\*IMPORTANT\***(methyl sulfonyl methane)- our body needs it as much as water. Take 1-3 tablespoons (2x day) morning and afternoon in water . A dietary sulfur, something our body absolutely needs but doesn't get enough of. MSM is in all living things and aids in the proper formation of proteins associated with connective tissues, hormones and antibodies. It's is extremely volatile- cooking destroys it and plants start to lose it the moment they are picked, so most people are extremely deficient in it. It's needed for the formation of **collagen**, which makes up over 30% of the protein in our body. Collagen is **needed for skin integrity and elasticity**. MSM is also important for hormones, enzymes, antibodies, antioxidants, tissues and body proteins. MSM contributes to healthy hair, nails, skin softness and encourages repair of damaged skin by stimulating production on collagen. MSM does wonders for **scar tissue** by helping remove cross-linking in skin protein tissues- meaning it also helps with **wrinkles**. MSM

is often used for **muscle and joint pain** stopping pain impulses before they reach the brain. It's made from a naturally produced form of DMSO (dimethyl sulfoxide)

It **increases blood circulation** and maintains acid-alkaline balance.

It boosts both natural **detoxification**

It **boosts immunity** by helping the body produce immunoglobulins (antibodies)

MSM & DMSO **dissolves inorganic calcium from arteries, heart, lungs.**

Difficult **internal and external scar tissue** and burns can be broken down and repaired with MSM.

It increases the **absorption of all food nutrients** and supplements taken within 12 hours.

Sulfur causes fat to disperse in the bloodstream **preventing fat from clumping in the blood.**

Sulfur plays a major role in bile fluid, the brain, connective tissue, hair, liver, nails and skin

Sulfur is the foundational mineral of all **beauty**... the best cosmetic in the world

Sulfur regulates the sodium/potassium electrolyte balance in and out of the cell. This makes the cell more permeable and better able to drive nutrients into, and waste out of the cell.

Sulfur **helps relieve pain and inflammation** by allowing waste products to be flushed out of the cell.

Every time the body removes toxins from the cell, it also removes a sulfur compound that neutralizes the toxin. Therefore, sulfur is a vital mineral in the detoxification process.

Four major amino acids- methionine, cysteine, cystine and taurine depend heavily on sulfur.

**It relieves constipation**

It helps **heal burns and scars**

Hypoglycemia is associated with a deficiency of sulfur at some level

Sulfur provides elasticity, movement, healing and repair within tissues. Sulfur reduces lactic acid buildup and has the ability to possibly **eliminate muscle, leg and back cramps**. Adequate sulfur levels in the diet can increase recovery in athletes by 75%.

MSM helps to **alleviate pollen and food allergies**. MSM neutralizes foreign proteins, such as pollen allergens very fast.

MSM has been shown to **reverse arthritic conditions** by improving joint flexibility, reducing inflammation, reducing **arthritic pain**, and by **breaking up scar tissue**

MSM lotion almost **immediately neutralizes mosquito and insect bites** because of its ability to neutralize foreign proteins. Test and be convinced

Eat sulfur foods (**garlic, onions, hot peppers, arugula**) with fats (avocado, nuts, oil, seeds etc) to soften the harsh edge (spicy and fats go good together)

In nature, some of the best sources of MSM are Pine bark, pine needles, pine nuts, aloe vera, and wild grasses.

take MSM (sulfur) 1-3 tablespoons 2x a day, preferably 1/2 hr before meals

**reflexology-** middle finger

# WHERE TO GET STUFF

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