

# Don't Ignore a "Tired Heart"

**Any *one* of these nine everyday symptoms could signal danger... Keep reading before it's too late!**



**"...unlike the pain or palpitations you might expect when your heart's not working up to snuff...a lot of times your heart sends you signals that are far more subtle."**

**Y**ou probably think the term "tired heart" sounds more like a Johnny Cash song than a health concern. But it's actually a conversation doctors have had with dozens of patients...

I'm not talking about the kind of "run down" you feel when you don't get enough sleep. I'm talking about an almost clinical level of tired that happens when your heart doesn't have the energy to do its jobs.

But unlike the pain or palpitations you might expect when your heart's not working up to snuff...a lot of times your heart sends you signals that are far more subtle.

You see your heart does so much more than pump blood through your body...which leads to many symptoms that are easy to overlook or even dismiss, especially if they only happen from time to time.

I'm talking about things like...

- **Feeling winded by daily tasks**
- **Dizziness or anxiety**
- **Numbness or tingling**
- **Problems with vision**
- **Sexual problems**

- **Swelling, especially in the ankles**
- **Unexplained inflammation**

Any one of them could be an urgent message from your heart that it's time to pay a visit to the doctor and get your heart health back on track.

But even if you're not already in the heart health "danger zone", it's never too late to start giving your heart the support it needs.

## **A Complete, Natural Solution that Addresses *All* Your Heart Needs at Once**

It's called **CardioForLife®** and it's the only nutritional supplement I know of today that can help address energy production, healthy cholesterol, healthy blood pressure and more!

All of the elements that can impact your heart's ability to do its job are covered by the powerful nutrients in **CardioForLife®**.

I'll tell you how one natural supplement can accomplish so much in just a minute. Because *how* it works isn't nearly as important as how you *feel* when you get up in the morning and when you go to bed at night.

Not only will this all-natural solution give you the peace of mind that comes with doing something great for your heart, but you'll also enjoy benefits you can feel every day:

- **Give you the energy you need**
- **Help you *feel* younger**
- **Protect and strengthen your heart**
- **Help maintain healthy cholesterol levels**
- **Support healthy blood pressure**

## **The “Top Gun” of Heart Nutrients**

To start, you'll be getting the benefits of an incredible amino acid called arginine. Your body uses arginine to make nitric oxide. Not to be confused with laughing gas (nitrous oxide), this all-important molecule literally relaxes the walls of your blood vessels, helping them to expand as necessary so your blood can surge along to every cell in the body with a steady supply of oxygen and energizing nutrients.

Over 94,000 medically published clinical studies attesting to the fact that daily supplementation with at least 5 grams of arginine will help lower blood, lower cholesterol and triglycerides, improve diabetes, improve sexual function, reduce blood clots and strokes, improve congestive heart failure, improve sexual function, improve wound healing, improve

liver and kidney function, improve memory and cognitive functions, increase human growth hormone (HGH), improve muscle growth and performance, and much more.

**CardioForLife®** contains 5 grams of pharmaceutical grade arginine with each delicious serving.

## People of Color Especially Need This Nutrient

A new study has linked a lack of sunshine, the body's most natural source of vitamin D, to the prevalence of cardiovascular disease, especially among people of color. Factors that affect sunlight, and therefore vitamin D production, are tied to a patient's cardiovascular risks. In other words, the more sunlight you get, the better your cardiovascular health will be. These factors can include time of year, altitude, and geographical location.

There are a number of physiological mechanisms triggered by vitamin D production through sunlight exposure or dietary supplementation that act to fight heart disease, according to the study:

- An increase in the body's natural anti-inflammatory cytokines.
- The suppression of vascular calcification.
- The inhibition of vascular smooth muscle growth.

Getting the right amount of vitamin D treats and prevents a variety of ailments and diseases including cardiovascular disease and **CardioForLife®** contains 2500 IUs of vitamin D3 with each delicious serving.

## Keep Your Heart and Arteries Humming

Protecting yourself from a heart attack means more than just watching your cholesterol. (Bear in mind, half of all heart attack victims have normal cholesterol).

That's why it's important to keep your homocysteine levels low.

Homocysteine is a substance that hardly anyone talks about and is produced from eating processed foods. Unfortunately, 90% of our diet is made up of processed foods and if your levels are too high, it eats tiny pits in your artery walls, which can become "cholesterol traps," triggering plaque formation and artery hardening. Some studies suggest that high homocysteine levels have been associated with plaque formation and are the #1 contributor to heart attacks and stroke.

But the good news is that maintaining healthy homocysteine can be a breeze. A big step in the right direction is a healthy daily dose of B-6, B-12 and folic acid which has been shown to be necessary to maintain healthy homocysteine levels. The problem is, most basic multi-vitamins don't provide nearly enough B-6, B12 and folic acid. The

**CardioForLife®** formula gives you exactly what you need in B6, B12 and folic acid to keep the homocysteine levels in your blood vessels in check.

## **Do Your Blood Pressure and Bladder a Great Big Favor**

Make sure you're getting enough magnesium! So many older people have dangerously low levels. And that can put you in a world of hurt. Healthy magnesium levels will help support:

- Stable blood pressure
- Muscle control
- Bladder and urinary function
- Balanced blood-sugar levels
- And even more!

Yet when you simply up your magnesium levels, things can turn around in a hurry. That's because magnesium helps all your muscles operate more easily -- including the "smooth muscles" that pump your arteries and the ones that keep you continent.

But don't settle for drugstore magnesium. The commonly sold stuff is magnesium oxide. It's tough to absorb and the older we get, the tougher it is for our bodies to soak up magnesium. That's why this formula uses a superior, better-absorbed form called magnesium citrate. Naturally, this was a must-have to include in **CardioForLife®**.

## **The Icing on the Cake**

We've also included the OPCs. This is a grape seed extract which is yet another herbal extract of ancient renown. The OPCs are many times more powerful than vitamin C or E as an antioxidant. It is especially effective and active in the brain, helping to protect against oxidative stress. Also, champions of red wine rave about the healthful qualities of its proanthocyanidins. But you don't have to glug down a lot of expensive wine to get these anti-aging wonders.

The OPCs found in **CardioForLife®** is swarming with them! And the proanthocyanidins in the OPCs have been shown to help folks fend off all kinds of blood vessel problems -- from peripheral venous insufficiency (a big cause of leg pain) to varicose veins.

## **Wake Up Your Heart and Rediscover Your Energy... Without Hurting Your Wallet**

I've seen dozens of fantastic heart health supplements out there. But they each tend to concentrate on just one thing or another. If you were to buy one bottle for each aspect

of heart health - everything you'd need to match the comprehensive power of **CardioForLife®** - it could easily cost you the farm!

And don't even get me started on those "comprehensive" heart health "kits" that include a dozen supplements together in convenient little packets. Sure, they too can address the major aspects of heart health...and it'll run you a little less than one mortgage payment a month.

But why choke down a whole bucket of pills when just a one delicious serving of **CardioForLife®** a day will help:

- **Deliver all the energy you need**
- **Greatly increase your circulation**
- **Protect and strengthen your heart**
- **Improve the function of all your organs**
- **Promote healthy cholesterol levels**
- **Support healthy blood pressure**
- **And more!**

And for just half the cost of a cup of coffee you're getting the power of a many supplements all rolled into one...supplements that would easily cost you \$300 per month if purchased individually.

You only get one heart. It's worked hard - every minute of every day of your life - to keep you awake, alive and energized.

It seems only fair that you return the favor and start giving your heart the nutrients it needs to keep you going for years to come.

And now there's a safe, natural and easy way to make sure your heart has everything it needs to wake up and deliver the energy you need to enjoy life without limits!

So, don't wait another minute. Order now to have your supply of **CardioForLife®** shipped right to your door.



**Because you only have one heart!**

## **About the Author**

Harry Elwardt is a naturopathic doctor with a PhD in Health & Nutrition. He is also the author of the book, "**Let's STOP the #1 Killer of Americans TODAY!**" Dr. Elwardt has declared war on heart disease and travels the country lecturing on what Americans can

do to prevent and reverse this merciless killer. If you would like to schedule Dr. Elwardt to lecture and conduct heart screenings in your church or business establishment, email him at [drharry@comcast.net](mailto:drharry@comcast.net)