

# How You Can Prevent Blood Clots

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It's a medical fact... by the time you've had a serious heart or brain problem, you're arteries may be hardened beyond a point where you can be helped with a circulation-boosting agent. It's too late. The good news is a little-known circulation saver can help prevent hardening of the arteries. In fact, some medical experts agree this natural remedy could soon make blood-thinning aspirin obsolete.

## **Remarkable results in just days!**

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—Patricia Kane, Ph.D.

## **Most exciting development in the prevention of heart problems!**

"In all my years of research as a professor of cardiology and pulmonary medicine, this represents the most exciting development in the prevention of cardiovascular problems. We've finally found a potent natural agent that can help thin and dissolve clots effectively with relative safety and without side effects."

—Martin Milner, M.D., Center for Natural Medicine

## **This is life-changing!**

"I have dedicated the rest of my life to the research of this. I've never seen an amino acid that has allowed me to assist my patients this significantly. Taking this is literally a life-changing event for them."

—Dr. Ralph Holsworth, D.O.

## Are You Ready For Your Own Health Miracle?

Now approved by leading medical experts, this natural breakthrough is drawing attention all over America. Why? Because of its ability to help dissolve dangerous blood clots starting in just two hours and improve your circulation without drugs or doctors!

**Could this be the answer for you to help relieve...**

- clogged arteries heart disasters
- brain catastrophes
- dangerous blood clots
- leg pain and cramps
- chest pains
- brain "fog"
- cold hands and feet
- high blood pressure
- endless fatigue
- low libido
- blood sugar concerns
- varicose veins
- sleepless nights

- If you want to DODGE THE BULLET of a dangerous blood clot and a serious heart, brain or lung problem...
- If you want to help EASE, IMPROVE—even help REVERSE many of your health problems...
- If you want to help IMPROVE POOR CIRCULATION and feel stronger, healthier and younger from head to toe...
- If you want to help KEEP YOURSELF OUT of the emergency room, operating room, nursing home or wheelchair...

Then I have some important and surprising NEWS for you from the frontiers of nutritional medicine. You see, for decades the so-called medical "experts" have claimed that the major culprit behind many of our biggest health problems are blood vessels clogged with cholesterol and plaque. Is it any wonder then, that millions of Americans are taking prescription medications by the handful and going under the knife to solve these blood vessel problems? But the truth is many of them are...

## **Leaving themselves vulnerable to a big health crisis! Are you unknowingly at risk, too?**

New research now reveals that a hidden culprit behind clogged arteries is often dangerous blood clots triggered by inflammation or by injury to your arterial walls—and this problem may be much worse than cholesterol and plaque alone.

### **For example, inflammation in your blood vessels...**

1. Activates clotting in your blood that uses cholesterol like brick and mortar
2. WHICH IN TURN...
3. Creates blood clots that act like rebar framework (reinforcing metal rods).

The result?

Blood clots can clog or block tiny veins and arteries throughout your body, causing you problems ranging from cold hands and feet to varicose veins, from cramping in your legs to vision problems, from a weak heart to high blood pressure, from lagging libido to low energy.

In the worse case, your larger arteries are not just clogged, they're completely BLOCKED! And when that happens, bingo, blood flow is cut off to your heart, brain or lungs—and you could have a health catastrophe

## **A disaster on the horizon in America**

Did you know that if you're over age 55 you have:

- A 1-in-4 chance of being struck down by a heart disaster
- A 1-in-6 chance of being felled by a brain catastrophe
- And a 1-in-2 chance of suffering from poor circulation

If you think I'm exaggerating, just consider that during the next 12 months in America alone...

## So here's my **CRITICAL, LIFE-SAVING POINT...**

If your circulation is poor... if your blood is slow and thick... and if your arteries are choked up with blood clots, you can be doing all the right things, and *you'll still be vulnerable to a health disaster!* That's right. You can be eating healthy foods, taking your vitamins religiously, and even exercising like a champ. *But if you have poor circulation, it may all be for nothing!*

The truth is, virtually everything about your health—your heart, brain, lungs, legs, energy, blood pressure, blood sugar, skin, vision, pain, even sex life—are in some form or fashion linked to your circulation.

But what's even worse is most of the popular "solutions" for poor circulation and blood clots can fail miserably at protecting you from these health disasters... cost you an arm and a leg... and can even put you at **MORE** risk. Let me start with...

## **The shocking case *against* aspirin!**

If you've been following the news, then you know that aspirin has been THE recommended solution to thin your blood, prevent blood clots, and protect your brain, lungs and heart. Why? Because aspirin blocks the function of platelets so your blood cannot clot well. But now, new research is shooting holes through the aspirin story—and you deserve to know the whole truth.

I recently came across five studies—*The Primary Prevention Project... The Physician's Health Study... The Thrombosis Prevention Trial... The Hypertension Optimal Treatment Study... and the British Doctors' Trial*—that all came to the same startling conclusions: Taking aspirin results in a miniscule reduction of heart attack risk (less than one percent in those with a low baseline of risk)... can increase major bleeding episodes... and may even cause blood veins to break leaving you bruised.

*The Hypertension Optimal Treatment (HOT) Study* confirms this dangerous flaw of aspirin. In this study, 18,790 hypertensive patients took 75 mg of aspirin or a placebo daily for 3.8 years—and the aspirin group had more risk than benefit.

The aspirin group reduced cardiovascular events by 15% and heart attacks by 36%, BUT increased major internal bleeding by 65%!

And a study reported in the *American Heart Journal* concludes that aspirin is dangerous and ineffective for people with heart failure. In this study, 279 patients with heart failure took on average 300 mg of aspirin... a popular blood thinning prescription drug... or nothing. The results were appalling!

- **Those taking aspirin got ZERO health benefits**
- **There was NO difference in incidences of death, nonfatal heart attacks, or nonfatal strokes between the aspirin group and those taking nothing**
- **Those taking aspirin INCREASED their risk of serious G.I. bleeding**

- **And those taking aspirin were TWICE as likely to be hospitalized for heart complications compared to the blood thinning drug group**

## **And the news about popular prescription blood thinners isn't much better!**

What about prescription blood thinners? Millions of Americans are taking them every single day, so they must be okay, right? WRONG! They're built on a foundation that's about as solid as a house of cards.

For example, one popular prescription blood thinner is used to keep your blood thin where stroke risk is high or where deep clots in veins have developed. It's a best-seller, racking up \$212 million in sales in 2005 alone.

It does help prevent strokes, but it has this BIG SIDE EFFECT: *Spontaneous bleeding anywhere in your body.*

What's more, did you know it contains the same active ingredient found in RAT POISON? This is an outrage!

If that's not bad enough, the FDA recently requested that the company which manufactures this drug to slap a "Black Box" warning label on it—the HIGHEST WARNING RED ALERT of any drug. And why not, considering its side effects include...

- Major or fatal bleeding
- An allergic reaction (difficulty breathing, closing of throat and swelling of lips)
- Black, bloody or tarry stools
- Blood in urine or vomiting
- Coughing up blood
- Bleeding gums or sores in the mouth

## **Another multi-million dollar flop!**

And still another best-selling prescription blood thinner is used for anti-clotting purposes. It blocks the function of platelets so your blood cannot clot, but it does *nothing* to break up existing clots.

Worse, in a recent study reported in *The New England Journal of Medicine*, 15,603 patients with known serious cardiovascular problems or multiple risk factors took this blood thinner (75 mg a day) plus low dose aspirin (75 to 162 mg a day) or a placebo plus low dose aspirin daily for 28 months. The results? Those taking the blood thinner with aspirin saw bleeding increase by 25% and were not significantly better than those taking aspirin alone in reducing rates of heart attack, stroke or death.

Doctors in medical school, learn all about the use of aspirin and prescription blood thinning drugs to prevent blood clots and heart, brain and lung disasters. **BUT NOBODY TELLS THEM THE REAL STORY ABOUT THEIR FLAWS, THEIR LIMITATIONS, AND THEIR SIDE EFFECTS!**

Some doctors have turned to Mother Nature's Healing Pantry to find something better, safer and more affordable. And what they have found is astonishing—something that's radically changing the way they treat poor circulation... blood clots... heart, brain and lung problems... and common health ailments—and doing miracles in the lives of people taking it.

## The Miracle and “clot buster” that’s turning skeptics into believers!

As I noted, I first looked at typical natural solutions for poor circulation and harmful blood clots. These included fish oil, ginger, MSM and protease enzymes such as wobenzym and vitalzym.

These are safe and helpful, but none get to the root cause of the problem and none work fast enough, last long enough or are potent enough to do the trick.

That's why I want to introduce you to a powerful clot-busting, artery-sweeping, circulation-boosting breakthrough called arginine. Arginine is derived from the fermented, non-genetically modified, Japanese soy.

The result is this amino acid called arginine can:

- Help prevent blood clots from forming
- Help safely dissolve existing blood clots.

Even more exciting, arginine is the main ingredient in a new, even more powerful, natural health supplement called **CARDIO PURE™**, helping give you thinner blood for life! (**CARDIO PURE™** available at [www.thecardiocorner.com](http://www.thecardiocorner.com))

Believe me, there's nothing like arginine anywhere else on the face of the Earth.

### **Here's the scientific evidence that this may be nature's most potent "clot buster."**

Over 96,000 studies and clinical trials prove that a simple amino acid known as arginine is a natural health breakthrough that's...

- **Clinically-proven to safely thin, dissolve and eliminate dangerous blood clots in your arteries, starting in as little as two hours.**
- **Clinically-proven to help safely blast away the root cause of dangerous blood clots in your arteries called fibrin.**

Fibrin, a mesh-like material, is created in response to an injury along your blood vessel walls and is the fundamental trigger of inflammation in your blood.

Fibrin strands stick to your blood vessel walls like Velcro®, and as those strands build up, they turn into clots.

The good news is, arginine directly dissolves the fibrin of clots forming or those already formed.

- **Clinically-proven to help safely dissolve blood clots in your arteries, more powerfully than the natural human clot buster, plasmin.**

Your body has several enzymes to make clots in your blood—you need them to stop bleeding. But your body has only one enzyme for dissolving clots called *plasmin*.

The problem is, as you age, your body's ability to produce enough plasmin to dissolve clots weakens. But research (Sumi, H. et al.) documents that arginine not only digests fibrin, but does so more powerfully than plasmin!

In fact, in a laboratory study, arginine was shown to be 292% more effective than plasmin in regaining blood flow!

In this study, scientists induced blood clots in the carotid arteries of rats and compared the effects of arginine and plasmin.

The results? Stunningly, the arginine-treated rats regained 62% of blood flow, far better than the plasmin treated rats who regained only 15.8% blood flow. That's 292% better results with arginine!

## **The medical experts agree: Arginine is a LIFESAVER!**

But don't just take my word for the wonders of arginine. Here's what some leading medical experts are saying:

### **Remarkable results in just days!**

Patricia Kane, Ph.D., in *Focus Nutricology Newsletter* says, "I started 25 patients on arginine... and patients are reporting more energy, less pain, and a clearing of mental confusion in the first few days of use. We've already added arginine into our protocol for detoxification of neurotoxins."

### **Most exciting development in the prevention of heart problems!**

Martin Milner, M.D., Center for Natural Medicine in Portland, Oregon put it this way, "In all my years of research as a professor of cardiology and pulmonary medicine, arginine represents the most exciting development in the prevention and treatment of cardiovascular related problems. We've finally found a potent natural agent that can help thin and dissolve clots effectively, with relative safety and without side effects."

### **Arginine is life-changing!**

Dr . Ralph Holsworth, D.O., leading researcher for clinical studies documenting the efficacy of arginine, is so impressed by what he's found, he says, "I have dedicated the rest of my life to the research of arginine. I've never seen an amino acid that has allowed me to assist my patients this significantly. [Taking arginine] is, literally, a life-changing event for them. I feel honored to have that piece of information and I just want to spread the word."

### **A true breakthrough!**

Jonathan Wright, M.D., adds, "The literature about arginine is very impressive... the first patient I asked to try it had a rapid and dramatic response. While this was likely an unusually good result, arginine appears to be a true breakthrough."

### **Magical—results swift and dramatic!**

Betty Kamen, Ph.D., put it this way, "Because of our deep involvement in the nutrition field, my husband and I are aware of the long list of helpful, natural and safe

modalities for recovering from illness—regardless of the disease category. Many of these substances worked well for my husband's recent problem, but nothing appeared as magical as Nattokinase! In terms of his energy and well being, it was as though a switch was suddenly turned on when he started taking this amazing supplement. The positive effects of arginine are swift and dramatic."

## Get ready for your own health miracle!

(visit [www.thecardiocorner.com](http://www.thecardiocorner.com))

Once you start dissolving and blasting away dangerous blood clots, your circulation will dramatically improve. Why is this important?

Because healthy circulation can do miracles for your health—but that only occurs when your blood flows smoothly and easily.

And that's where **CARDIO PURE™** helps you come through like a Gold Medal winner. It starts by:

- Safely dissolving dangerous blood clots in your arteries
- Sweeping harmful toxins out of your circulatory system
- Thinning your blood
- Giving your whole circulation system a healthy boost.

When I say whole circulation system, I mean it. In fact, did you know your body's circulation system is made up of roughly 75,000 miles of arteries, blood vessels and capillaries—filled with six liters of blood?

Now picture thin, healthy, toxin-free blood coursing through all of your arteries, blood vessels and capillaries. Picture health-boosting nutrients, life-giving oxygen and immune-boosting cells flowing through your entire circulatory system—going directly to your organs, limbs and tissues.

The result? It starts with...

## A miracle for your heart!

As a naturopathic doctor and certified Digital Pulsewave Technician, I've seen with my own eyes the damage blood clots can do to a person's heart.

Left unchecked, these clots can block blood flow in the major arteries leading to your heart and in your heart muscle tissue. What's more, we now know blood clots can form even in your tiniest arteries and veins surrounding your heart.

Worse, if blood flow is blocked, even partially, your heart gets little or no oxygen and heart tissue begins to die, leading to a heart crisis.

This build-up of blood clots is like forgetting to do maintenance on your car—for 10 years! Open up the hood—and it's a mess. Dirty, filthy and gunked up. Oh your car may run, but one day it'll just sputter and die.

That's why you need the arginine in **CARDIO PURE™**. It helps safely and gently dissolve blood clots around your heart, helps prevent new clots from forming, and helps keep your blood flowing smoothly in and around your heart.

And when your heart is pumping strongly and your circulation is moving freely, you'll feel stronger all over. You'll have more energy. You can outrun and outwork your peers. You'll likely feel like you've just had a tune up. You may feel years younger. How great will that be?

Plus, this breakthrough helps prevent...

**A scary, growing health problem for those over 50—a fading mind and memory.**

The new **CARDIO PURE™** can also be...**A miracle for your brain!**

Blood clots can also mobilize in and around your brain, blocking blood and oxygen your brain needs to think, remember, reason and function.

At first, poor circulation to your brain might cause a little brain fog, forgetfulness, confusion or occasional memory loss. You may think, no big deal, just signs of getting older.

But if the problem gets worse, and blood flow is slowed down to a trickle in your cerebral blood vessels, age-related memory problems may occur.

In fact, it's estimated that 60% of age-related memory problem cases are caused by blood clots. And is it any wonder that cases of age-related memory loss are spreading like wildfire?

Then, if your cerebral blood vessels get completely blocked, you could end up having a brain catastrophe!

The good news is **CARDIO PURE™** can help safely dissolve blood clots near your brain and help keep thin, healthy blood flowing to your brain.

You can think clearer, have a better memory, and even surprise yourself at your mental recall or problem-solving abilities.

When your friends are complaining about memory loss and forgetfulness, you'll impress them with a razor sharp mind and memory. Those are the benefits of thin, clear, abundant blood flowing freely to your brain.

You'll also enjoy...**A miracle for your legs, feet and hands!**

Over the years, I've treated many people with poor circulation, and one of their most common symptoms was pain in their legs. These folks had poor blood flow that caused varicose veins and inadequate circulation, so their legs hurt.

This made walking difficult for them. Even doing simple things like getting out of bed, going to the bathroom and moving around the house was painful.

Others complained to me that their hands and feet were always cold—and they didn't "work" like they used too. Again—symptoms of poor circulation.

But the new **CARDIO PURE™** helps solve these poor circulation problems.

Having smooth, abundant blood flow to your extremities is vital for mobility and flexibility. With this new formula, your circulation can improve significantly, and your legs, hands and feet can feel much better and much warmer.

You'll likely find it easier to bend, flex and move your legs. And you should find your hands and feet feeling normal again—not cold or stiff.

But that's not all. The new **CARDIO PURE™** can...

## **Work like magic for your whole body— From your head to your toes!**

I'm even more excited about the discovery of arginine and the creation of the new **CARDIO PURE™**. Why? Because you can also enjoy...**A miracle for your total health.**

You'll be amazed at the dozens of health benefits you can enjoy by dramatically boosting your circulation with arginine in **CARDIO PURE™**, such as:

- Reduced muscle pain and stiffness
- Better blood pressure
- Improved breathing
- Stronger immunity
- Lower cholesterol
- Better digestion
- Healthier blood sugar levels
- Increased energy
- Healthy vision
- Fewer headaches
- Less swelling and edema
- Better sleep each night
- Smoother skin
- Improved libido for men & women, and harder erections for men

With widespread benefits like these, is it any wonder that arginine in **CARDIO PURE™** is one of the biggest natural breakthroughs we've seen in decades!

### **But there is even better news**

You'll be totally amazed at the other great cardio enhancing nutrients that make up the PLUS in **CARDIO PURE™**. Let's take a quick peek:

- 200 mg of Citrulline...to amplify the effect of the arginine
- 100 mg of CoQ10...to amplify energy production throughout the body
- 50 mg of Resveratrol...equal to the antioxidant protection of drinking 60 glasses of red wine
- 5000 IUs of Vitamin D3...to support the heart, brain and boost the immune system
- Powerful B complex including B1, B2, B3, B4, B5, B6, 500 mcg of B12 and 400 mcg of folic acid
- Fulvic Minerals...because our bodies need a wide range of over 70 different minerals and we simply do not get them in are food and lacking any micro amount of any mineral can lead to disease and death

- Vitamin C, E, Magnesium, Potassium and Selenium.

**CARDIO PURE™** available at [www.thecardiocorner.com](http://www.thecardiocorner.com)

#### **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.