

# Heart Healthy Steps

The ALL-Natural Way

**A strong and healthy heart – nothing is more foundational to your body’s vitality and overall wellness. Whether you are sleeping, eating, working, or exercising, your heart is hard at work, beating over four thousand times every hour – 100,000 times every day.**

**W**ith every beat, your heart is pumping the lifeblood throughout your body that enables all other organs and systems to function effectively. It is the basis for your overall health, and making sure your heart is in top condition should be foremost on your list of health priorities.

Assuring your heart’s health is not difficult – but it is vitally important to your overall health and well-being. Natural Option Corporation, a national leader in alternative health therapies, has

put together a wide range of products that will help you assure that you’re doing everything possible to ward off heart disease, strengthen your body’s most important organ, and ensure a long lifetime of maximum heart health.

## **Taking the First, Heart Healthy Steps**

Common sense tells us that maintaining a healthy heart is important. Yet millions of Americans fail to take the simple, yet necessary steps to

maintaining heart health. As a result, 62 million adults suffer from one or more types of cardiovascular disease, and more than 2,500 people die from heart disease every single day. In fact, in the time it has taken you to read the first page of this newsletter, one person will suffer a heart attack. And it’s not getting better. In fact, cardiovascular disease is on the rise, and is now the number one cause of death in America today – more than cancer, other diseases, or even accidents.

Most people are familiar with the steps necessary to maintaining a healthy heart: regular exercise, eating right, reducing stress, and other common-sense health habits. Yet even when these simple steps are followed, often your body needs extra help to achieve and maintain maximum heart health.

What’s more, when heart disease does strike, doctors are

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often quick to recommend surgery and other invasive procedures that are often just a band-aid for an ongoing and growing problem. More importantly, often the same results garnered from dramatic surgical procedures can be achieved by using some common-sense alternative and natural therapies. And the best part is, the results achieved through alternative methods are often more dramatic and permanent than surgical quick-fixes.

As with so many other areas of your health, natural therapies often provide the very best, safest, and most long-lasting results over more invasive mainstream procedures. What's more, these natural remedies are simpler, far less expensive, and far more desirable than dealing with mainstream medical procedures later down the line.

Take a few moments and familiarize yourself with the risk factors of heart disease, and make sure you're doing all that you can to maximize your heart health. What's more, you can assure your heart's strength by following a few simple, healthy regimes that Natural Option Corporation has uncovered to confirm that your heart is in the strongest, healthiest, most resilient shape to carry you through a long, vigorous life.

## Are You At Risk Of Heart Disease?

There are many risk factors associated with heart disease – some under our control, and others not. Age, gender, and family history are all factors in your level of risk, and are beyond our control, no matter how well you try to take care of yourself. For example, as we age, our hearts, like all other muscles in our body, lose strength and do not operate as efficiently. Also, many women fail to recognize that until she reaches menopause, her risk of heart disease is much less than a man of the same age. After menopause, a woman's risk of heart attack actually triples. After age 65, a woman's risk is virtually the same as a man of heart attack.

In addition to these inherent factors, many of our health and lifestyle choices further dramatically increase your risk of heart attack and disease:

- ✓ Smoking
- ✓ Lack of Exercise
- ✓ Stress
- ✓ Weight Gain/Obesity
- ✓ High Blood Pressure
- ✓ Diabetes
- ✓ High Cholesterol
- ✓ Poor Diet

Each of these factors can greatly increase your risk for contracting heart disease and suffering a debilitating heart attack. Smoking is the number one risk factor for heart disease, with obesity, stress and high cholesterol also playing a leading role.

Chances are you have at least some of these risk factors as a part of your lifestyle. If you have even one or more of these risk factors, it is more important than ever that you take the necessary steps to combat heart disease. In addition to adopting a more healthful lifestyle, you should be following an alternative health regime that actually works to improve your cardiovascular health, and ward off the harmful effects of your increased level of risk.

If you're fortunate to have a low level of risk, utilizing a few simple natural health therapies can help safeguard your healthy heart and ward off disease in the future. Ultimately, utilizing the smart, safe, healthy regime of a natural health program is a smart strategy for everyone looking to ensure a long, happy and healthy life.

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## Strengthening Your Heart – The Natural Option Way

The good news is, it has never been easier to give your heart the nutrients it needs to stay strong, for a long, healthy life. In addition to providing you with the information you need to reduce your risks associated with lifestyle choices, Natural Option Corporation has put together a regime of natural therapies that will improve your heart's strength, help eliminate unhealthy conditions, and improve your heart's efficiency and vitality. By incorporating healthy therapies like those made available by Natural Option Corporation into your daily routine, you'll help assure that you'll live a longer, healthier, more vigorous life.

To improve your heart health, Natural Option has done extensive research into the nutrients your heart needs on a daily basis. Natural Option recommends the following important products to assure your heart gets all the supplements it needs to grow and stay strong for a long, healthy life:

### OMEGA-3

Omega-3 fatty acids (fish oils) are critical to your heart's

healthy function. These important acids help reduce high blood pressure, and help regulate inflammation, blood clotting, and platelet aggregation. It also helps reduce cholesterol and triglycerides in your blood. What's more, fish oils can help greatly reduce your chance of death should you have a heart attack. One study showed that men who consumed fish regularly had as much as an 81% less chance of dying in the event of a heart attack. Natural Option recommends one Omega-3 Capsule, twice a day. ***1 bottle 60 capsules 1000 mg \$11.20***

### Co.Q 10

Co.Q 10 (Coenzyme Q-10) plays a very important role in preventing heart disease by lowering blood pressure and decreasing oxidative stress and insulin response in your blood stream. Low levels of Co.Q have been implicated in patients with cardiovascular diseases, including angina, hypertension, cardiomyopathy, and congestive heart failure. Doctors have found that Co.Q levels naturally decrease as we get older, yet becomes an increasingly important nutrients to ward off many of the ill effects of increasing age. Natural Option recommends one, one-hundred

milligram capsule, twice a day. ***1 bottle 60 capsules 100 mg \$49.99***

### L-Carnitine

L-Carnitine is an amino acid that has been shown to have numerous benefits for healthy heart functioning, as well as those who have been victims of heart disease. Medical tests have shown that heart attack patients who took L-Carnitine for one year showed improved heart rates, rhythm, and pressure, along with a decrease in mortality from the attack. In healthy patients, those who took L-Carnitine were shown to have better survival rates in the event of a heart attack. What's more, those who took L-Carnitine regularly were shown to have a 21% better capacity for exercise and 45% increase in oxygen consumption. Natural Option recommends one L-Carnitine capsule, twice a day for improved heart and cardiovascular health. ***1 bottle 60 capsules 500 mg \$20.99***

### Magnesium

Magnesium is critical to your healthy heart. This important mineral has been found to play a vital role in increasing the heart's supply of oxygen,

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lowering cholesterol, reducing blockages, restores normal heart rhythm and helps prevent blood clots. What's more, doctors have found a direct link between magnesium levels in the blood and blood pressure. Proper levels of Magnesium have been shown to have immense benefits on the heart and heart function. Natural Option recommends one 200 mg. Capsule, twice a day.  
***1 bottle 60 capsules 200 mg \$6.99***

### **Putting It All Together for a Healthy Heart**

Doing all the right things for

your heart can seem complicated, but Natural Option Corporation has put everything you need to ensure a healthy heart all together in one easy regime to make it easy and uncomplicated for you.

Each of these vital nutrients can be ordered separately if you prefer. Simply complete the enclosed order form, and Natural Option will ship your order right away for immediate delivery.

To make sure you're giving your heart all the important nutrients

it needs, Natural Option recommends its "Healthy Heart Package" – all four vital nutrients in one complete package, and put together for you at a very special discount rate. Order the "Healthy Heart Package" – including a full 30-day supply of the OMEGA-3, Co.Q 10, L. Carnetine, and Magnesium, and you'll receive all four for the **low price of just \$69.17** – a full **\$ 20.00 savings** off the individual regular prices. Simply mark your order form for the "Healthy Heart Package" and we'll take care of the rest.

Ordering your beginning supply of Healthy Heart products is easy.

Simply **call Natural Option Corporation** toll free at

**(800) 516-9796,**

or if you prefer, **simply fax your order to**

**(800) 725-8370.**

Alternatively, you may send your check or money order to:

**Natural Option Corporation**

**2828 Coral Way # 206**

**Coral Gables, FL 33145**

Remember, you must depend on your heart every day, every hour and every minute to do its job well. Give your heart the important nutrients it needs to help you live a strong, healthy, and very long life.