

Healthy Hearts Live Longer

By D. Graeme Shaw, M.D.

What can you do every day to increase your odds of living a long and healthy life? Watch your diet. Exercise. Reduce stress. You've no doubt heard that advice before. But did you know that natural herbal nutrients may help promote a healthy cardiovascular system? In particular, the natural herbs in [Cardio Well](#) and [Cardio Well Classic](#) may promote healthy cardiovascular function.

In Traditional Chinese Medicine (TCM), it is believed that a more well-balanced body may slow the progression of arteriosclerosis (one of the leading causes of death worldwide) and promote healthy heart function.

Natural herbs may support enhanced blood vessel health and cardiac contractility, while enhancing normal microcirculation, energy production, oxygen transfer and healthy red cell mobility. This is important because a fully functional healthy heart can reduce blood viscosity and slow the progression of arteriosclerosis.

Patient Reaps Benefits of Healthy Lifestyle Changes

The following is the true story of a 62-year-old patient of my personal practice who enjoyed

positive health support after making healthy lifestyle changes, including taking [Cardio Well Classic](#). The gentleman had a history of coronary artery disease and had suffered a heart attack. He opted to have a bypass surgery and was left with only two-thirds of a functioning heart before he consulted with me at my medical office in Los Altos, California.

After the surgery, his cardiac status became so tenuous that he had a repeat heart catheterization. Even so, his heart was failing with an ejection fraction (a measure of the heart's pumping ability) of 13 percent. Normal ejection fraction is over 50 percent. Anything less than 20 percent is considered incompatible with life. This patient told me that his cardiologist considered him a candidate for experimental treatment protocols or cardiac transplantation, and that he should stop all work and make arrangements for the worst.

I placed this patient on cardiovascular health supporting supplements, as well as recommended healthy dietary lifestyle changes. Eight months later, the gentleman was working full time and had an ejection fraction of 27 percent. Six months later, he was still fully active and his ejection



fraction was up to 37 percent.

My patient maintains his health and continues to stay active, tolerating light exercise and working a full schedule. Our body's natural healing potential is remarkable. We simply need to give our body the dietary and lifestyle support it needs to achieve that higher state of healing.*

If you have any questions regarding the use of herbal dietary supplements to support your health, contact Get Well Natural at contact@getwellnatural.com or call 1-888-522-HERB (4372) or 408-260-9714, or visit the GWN website www.getwellnatural.com or the offices at 4010 Moorpark Avenue, Suite 119, San Jose, Calif. 95117.

**Statements in this article have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*