

## Heart disease & myocarditis- prevention & treatment

### Description

How do you prevent & treat heart disease & myocarditis (heart damage)?

How does the heart recover & clear arteries of blockages & prevent heart attacks?

Alpha lipoic acid

Alpha lipoic acid is apparently made by our bodies to turn sugar into ATP energy to increase energy, reduce diabetes & cancer, and by lowering triglycerides clean out arteries & lower high blood pressure, heart disease & congestive heart failure.

Alpha lipoic acid appears to regenerate neurons & nerve cells so quickly to reduce migraines by over 80% in an hour (at high doses at or over 2400mg/day) usually taken 300-600mg at wakeup, with every meal or high carb snack, & at bedtime.

As an anti-inflammatory at high doses it appears to increase stem cell repair of tissue & help repair damaged tissue & cells, helping recovery from injury.

At very high doses (over 3000mg/day) it can lower biotin (vitamin B7) absorption so biotin or better yet vitamin B complex can be taken in between doses once daily.

[alienherbalist.com/alpha-lipoic-acid](http://alienherbalist.com/alpha-lipoic-acid)

Organic natto

Natto is a fermented soy product that contains nattokinase & vitamin K2. Nattokinase when taken on an empty stomach appears to dissolve artery blockages faster than anything I've ever studied. One eighth of a teaspoon of organic natto with water on an empty stomach (otherwise the body uses the nattokinase for digestion) appears to also have significant anti-inflammatory benefits.

The natto also has a lot of vitamin K2 which also clears arteries, prevents & reverses type II diabetes, helps stop cancer & works with vitamin D3 to move calcium from arteries reversing calcification & moving it to the bone & increasing bone density & reversing osteoporosis & cavities by strengthening teeth.

The cost of 1/8ts of organic natto is far cheaper than nattokinase & vitamin K2 supplements.

[alienherbalist.com/natto-nattokinase-vitamin-k2](https://alienherbalist.com/natto-nattokinase-vitamin-k2)

## Category

1. Uncategorized

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