

Healthy Heart Formula:

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Suggested Use: Shake well before use. Take one to two droppers full in 2 ounces water or juice 3 to 4 times daily. To evaporate alcohol, add dose to 2 ounces boiling water and let cool before consuming.

Adjusting the taste: If desired, add natural sweetener to taste – stevia and monk work great! If cayenne bothers your stomach or you have gastritis, add 2 ounces of boiling water to a dose of this formula, allow to cool for around 5 minutes, then add a few ounces of nondairy milk (rice milk, hemp milk, cashew milk, oat milk, coconut milk, almond milk, etc.) Diluting the formula **and adding the nondairy milk** helps to reduce or even eliminate the burning effect of the cayenne. *If you're unsure, definitely add the maximum amount of milk.*



Herbal Latte Recipe

This will make a nice coffee-like beverage that disguises most, if not all of the taste of the formula



- 2 droppers **Healthy Heart Formula**
- 2 ounces **Boiling Water**
- 12 drops **Liquid Stevia** (Hazelnut or other flavor)
- 1 tsp **Grain Coffee Substitute**
- 4 to 6 ounces **Nondairy Milk**

Put one dose in a coffee mug. Add boiling water, coffee substitute & let alcohol evaporate for about 5 minutes. Then add nondairy milk & stevia.

How much is a dropper full? (one dropperful means to fill up the dropper as much as it can fill. Squeeze the dropper two times quickly. You will see the dropper filling up. That's it. That's a dropper full. It usually looks halfway full. If you count the drops, it's about 30 to 35 drops.

Cautions: do not take this formula if you are currently taking aspirin or a prescription blood thinner. The herbs in this formula thin the blood. Getting a constipated colon working again 3 times per day helps thin the blood. Making dietary changes, exercising, eating greens and drinking more water also thin the blood as well.

Use in a Crisis: - Start with 2 droppers full Healthy Heart Formula by mouth. Wait a few minutes. If you didn't notice an improvement, take another 2 droppers full. Wait a few minutes. If you still didn't notice some relief, take another 2 droppers full. You can take up to 8 droppers full if you are in a crisis (for example a spike in blood pressure or heart palpitations). If you think you are having a heart attack, you can take this formula and additional cayenne. For Cayenne, the starting dose is 1 dropper full, and again wait a few minutes for it to work. You can take up to 10 droppers of Cayenne Tincture for severe life-threatening heart issues. (This is the worst-case scenario - Most people will not need that much.)

Benefits of This Formula:

- Helps slow down rapid heartbeat
- Helps regulate heart rhythm
- Helps reduce anxiety
- Protects heart against episodes of hypoxia (low oxygen). Research has shown that if there is an episode of low oxygen, there will be less damage if a person is taking hawthorne. This benefit extends to the hawthorne leaves as well as to the berries.
- Helps reduce discomfort in the heart.
- Thins out blood, reduces risk of blood clots
- Helps calm overactive thyroid (use for several months combined with [Female Harmony](#) or [Femme Pause](#))
- Helps strengthen and increase elasticity of the walls of arteries
- Mild blood pressure-lowering ability

Works especially well in combination with [Open Heart Essential Oil Blend](#)

Supplement Facts:

Serving size: 30 drops (1 dropper)

Servings Per Container: 78

Herb Strength Ratio: 1:1

Amount Per Serving	%Daily Value
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Proprietary Extract:	.75ml*
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Hawthorne berry, Ginkgo biloba leaf, Motherwort, Cayenne pepper, Red Clover Blossom, Ginger root, Garlic bulb

* Daily value not established

Other ingredients: Distilled water, Organic grain alcohol (45-55%)

Cautions: If pregnant, nursing, or have a medical condition, consult a qualified health professional before using.

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DR. FOSTER'S ESSENTIALS

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How Will I Know The Formula is Working?

- Feeling more relaxed
- Sleeping more deeply
- Reduction of chest discomfort
- Rapid heartbeat slows down

If you don't feel a calming effect, try raising the dose. People who weigh over 150 pounds may need to adjust their dose higher based on weight (see "How to Take Your Herbs" Flyer).

The herbs in this formula contain a full spectrum of vitamins and minerals that occur naturally in the herbs. These nutrients are ALL important for building healthy arteries, heart muscle, artery walls. The longer you take the formula, the more it works. The benefits accumulate over time. Don't give up after just one dose!

How Is This Formula Different From Aspirin & Niacin?

This herbal formula contains red clover, ginkgo and garlic, all of which are natural blood thinners. They do not have the same side effects of aspirin but still thin the blood effectively. Hawthorne berry contains phytoconstituents that help protect the heart against a low oxygen environment (many people suffer from low oxygen to the heart due to atherosclerosis – a buildup of cholesterol inside the arteries). This formula lasts in the body for around 6 hours.

Taking synthetic niacin has been known to cause liver damage. One of the reasons for this is because commercially available niacin is not manufactured

Cholesterol-Lowering Drugs Can Cause Liver Damage and Muscle Damage

from natural sources. It has a toxic petrochemical base and is often manufactured by drug companies/ Big Pharma. Niacin supplements are NOT natural unless it occurs naturally in food. Unless the food is listed on the niacin product label, you can safely assume that the niacin is synthetic – ***even if the product label says “Natural.”***

The Side Effects of Aspirin:

- **Tinnitus:** Ringing in the ears
- **Stomach ulcers** – can bleed and be life-threatening.
- **Kidney Damage:** Long-term regular use damages the kidneys, causing something called renal papillary necrosis
- **Hemorrhages:** Risk of bleeding into the brain (called a hemorrhagic stroke) and other places in the body. Hemorrhage into any internal organ – can be fatal.
- **Effects Last for 3 Days:** Aspirin disables the platelets irreversibly for 3 days. There is no way to reverse its effects for three days, so if the blood thins out too much, there is no antidote to counteract it for 3 days.

The Ingredients in Healthy Heart:

Hawthorne Berry & Leaf – binds to heart cells and protects them from damage. Helps regulate heart rhythm, calm anxiety, helps slow down a rapid heartbeat.

Motherwort Leaf: - slows down heart rate and helps regulate heart rhythm. Good for rapid heartbeat and also helps overactive thyroid.

Red Clover Blossom: Alterative herb. Detoxifies the blood, counteracts disordered cell metabolism, thins the blood naturally.

Ginkgo Biloba – increase circulation to the heart, brain and the rest of the body. Helps thin the blood naturally and safely.

Cayenne (Hot Chili Pepper/ Habanero Pepper) – Circulatory stimulant, thermogenic. Increases metabolism. Can help pass kidney stones. Excellent remedy for poor circulation, feeling colder than other people, being out in cold



weather, angina pains. Cayenne is a “facilitator” herb that increases the effectiveness of the other herbs in the formula by increasing the circulation and driving the herbs deep into the hidden recesses of the body where they’re needed the most.

Garlic: assists in lowering high blood pressure. Kills bacteria, viruses, fungi and parasites. Natural blood thinning effect.

Ginger: Increases blood circulation throughout the entire body, including all internal organs such as the kidneys, eyes, heart, etc. Prevents platelet aggregation (blood clotting)

What Else Can I Do to Heal My Heart?

- **Exercise:** Get regular exercise. Some specifics are lifting light weights and working out in the weightroom, swimming, playing tennis, dancing, doing yoga, doing mini trampoline exercises, but even just taking a walk can help.
- **Cayenne (Hot Chili Pepper):** Taking additional [Cayenne Tincture](#) can help regulate heart rhythm, build healthier artery walls, increase blood circulation, help brain function (stimulates extra blood flow to the head and brain areas), increases blood circulation to the heart, help kidney function and increase circulation to the legs and feet as well. You can mix with any other herbal liquid formula or sprinkle drops on food. Start with a very small dose to start (such as 5 drops of the tincture).
- **Take Care of Your Colon:** Do a colon cleanse ([Intestinal Rejuvenation Program](#)). Toxins in the small intestine and from being constipated can aggravate heart problems of all kinds. I’ve seen people with heart problems feel that a burden was lifted off their heart after doing a colon cleanse. Constipation reduces your body’s ability to release metabolic waste and toxins from your body. The buildup of toxins can cause not just colon problems such as hemorrhoids and diverticulosis, but also problems anywhere else in the body.
- **Detox Your Liver:** A liver and/or gallbladder filled with bile sludge, heavy metals, pesticide residues, pharmaceutical medication residues and other toxins can also interfere with heart function. When the elimination organs are filled with toxins, cholesterol cannot be properly processed and can build up in side arteries. Do a [colon](#) or [liver cleanse](#) every 3 months to help thin the blood naturally, reduce the toxic burden in the body, which in turn, helps the heart heal. Add Blood Detox Formula to your liver cleanse for the maximum

benefits to your heart. The [Blood Detox Formula](#) can also help lower blood pressure by cleaning out cholesterol and other toxins in the blood system.

- **Express Yourself:** Don't keep your painful emotions bottled up. Express your emotions to someone who is empathetic, a trusted friend or therapist. Grief over the loss of a loved one can cause heart problems. Releasing the trapped emotion can heal your heart.
- **Take Care of Your Diet:** Minimize or avoid trans-fats, fried foods, high fructose corn syrup, granulated sugar, iodized salt, enriched flour, white bread, white rice, pasteurized dairy products, canned foods and processed foods. Instead consume an organic whole foods diet with whole grains, salads, natural sweeteners, brown rice, quinoa, fresh juices, raw milk, raw butter, raw cream, raw cheese, free-range eggs. Some people will do really well on a vegan diet for around a year to help clear out excess cholesterol in the arteries. For more information and even more details on diet, please see [pH Balanced Diet](#).
- **Increase Your Intake of Greens** – it could be lettuce, parsley, zucchini, safford greens. Or start juicing some fresh vegetables. A [juice fast](#) can be very helpful for the heart and, generally speaking, can be done anywhere from 1 day to 1 month. The juice fast program I recommend is a [2-week long juice fast](#) to which you can add any cleanse (a colon cleanse, liver cleanse, kidney cleanse, parasite cleanse, stone cleanse, cholesterol buster's cleanse, etc.
- **Read Dr. Foster's Book Rescue Your Heart:** Make sure to read Dr. Foster's Book written for NaturalHealth365 called "**Rescue Your Heart**" with many more natural healing strategies for the heart, that includes herbal healing for the heart as well as emotional healing exercises for the heart. Make sure to also check out her book "**Heart Rescue Recipes**" which includes many heart-healing recipes that you can make at home to maximize your heart healing. If you haven't watched the Cardiovascular Docu-Class, I highly recommend it. I'm featured in Episodes 2 (Clearing Away Arterial Plaque), 3 (Reducing Blood Pressure Naturally), and 4 (Fixing Heartbeat Irregularities). [CLICK HERE](#) to get access to those episodes. Or the link below: (<https://ku251.isrefer.com/go/cvdtrailer/DrFosterMD>) There's also a Rescue Your Heart Recipe Book as well.



“Small Intestine Function is Connected to the Heart. Toxicity in the Small Intestines Can Hurt the Heart. This is Why Doing a Colon Cleanse Can Help the Heart” - Cynthia Foster, MD