



Name 90-day Heart and Circulation Programme

Caps

Code Name

HTC-C3 90-day Heart and Circulation Programme

Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code HTC-C1 which attracts no discount.

Area concerned

Heart, arteries, veins, blood pressure

Ingredients

Each 30-day pack includes:

100 *Ht Capsules* 100 *Bl-Circ Capsules* 100 *Power Garlic Capsules*

See data sheets for individual products for more detailed information.

Description

The *Heart and Circulation Programme* has been designed to give thorough support to the body's circulatory processes. The accompanying pamphlet advises you on how to get the most out of this holistic programme through use of herbs, diet, exercise, and other relevant lifestyle suggestions.

Ht Capsules include hawthorn berry and motherwort which are excellent herbs to support the heart. *Bl-Circ Capsules* include hawthorn again and also cayenne - a wonderful herb for heart and circulation. Our *Power Garlic Capsules* are a high value form of this great herb for arteries and veins and for helping maintain a healthy cholesterol level.

Taken for 3 months, these herbs can help to keep your heart, arteries and veins working well. Combined with a healthy diet and good exercise and relaxation regime, this programme can help you to keep feeling well and energetic.

Remember that good body weight is essential to continuing good health; if you need to address this issue, we suggest you concentrate on reducing calorie intake and increasing exercise. We recommend seeking advice from a nutritional therapist to help you develop a suitable programme.

Good kidney function is also essential to the heart. The kidneys maintain the correct level of water in the blood stream and this process maintains a healthy blood pressure.

Why use the *Heart and Circulation Programme*?

The circulation of blood around the body is basic to life. The blood carries nutrients to every cell and carries away its waste products; it moves oxygen from the lungs to the tissues, and it carries hormones from the gland which makes them to their target organs and areas. In short, blood is the infrastructure which holds together all body processes. To keep the blood circulation working well requires:

1. A healthy, strong heart
2. Supple and clear arteries and veins.

To keep these areas working well, the lifestyle considerations are similar, namely to get sufficient exercise; to maintain a healthy body weight; and to maintain a good work/life balance - to reduce stress and maintain a good relaxation level. In addition, the *90-day Heart and Circulation Programme* can be extremely helpful. The benefits of garlic for the arteries and cholesterol balance are well known; our own *Power Garlic Capsules* capitalise on this by providing a full-potency garlic with very low garlic odour. The other two herbal products complete this programme with herbs which work with you to help keep the vital heart and circulation in top shape.

SUPPORT YOUR HEART AND CIRCULATION

Standard use

1 capsule of each of the 3 products, 3 times a day. There is no tea with this programme, as there is with most others. There is no version of the programme with drops. (One reason for this is that you do not want to be in the same room as garlic tincture - it smells awful and lingers for hours!)

How long to take it for

We recommend taking this programme for 3 months (90 days). If you wish, it can be repeated annually.

Cautions

Do not take alongside Digoxin or blood thinning drugs such as Warfarin. Do not take if pregnant or nursing.

Companion Products

Bl-Circ Capsules; Cayenne Capsules; Kidney Programme; Kid Capsules, Drops or Tea; Ginkgo Capsules or Drops; Ht Capsules; Motherwort Capsules or Drops; Power Garlic Capsules.

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