

Healthy Heart Program

Our heart health products help support normal blood pressure and cholesterol levels, while assisting to prevent plaque build-up in the arteries, thus lowering the risk of heart attack and stroke.

Cardioflex is based on a patent awarded to Dr. Linus Pauling (two-time Nobel Prize recipient) for reducing the build up of plaque in the arteries. It contains vitamins and minerals that have been scientifically shown to support healthy cholesterol and blood pressure levels.

Wholy Tea: Helps to remove excess cholesterol from the body by improving liver and intestinal functions.

Liquid Ionic Magnesium: An extremely absorbable form of magnesium. In 2004, the journal of the American College of Nutrition has called magnesium the natural statin for its well known ability to regulate cholesterol metabolism, blood pressure, and heart rhythm. Magnesium also helps with relaxation, sleep, alleviates muscle cramps and facilitates the healthy function of over 300 metabolic processes in the body.

CardiOmega 3: A marine mammalian source of omega 3 essential fatty acids rich in DHA, EPA and most importantly DPA. DPA (only present in mammalian oils) has been shown to be ten times stronger than EPA in healing the arterial wall. It is also important for healthy skin, memory and concentration.

To find out more about this approach to supporting a healthy heart, healthy arteries, healthy cholesterol and blood pressure levels listen to a free 12 minute, pre-recorded tele seminar by calling: 1-800-704-9804 then press *454973



5 SIMPLE STEPS TO KICK START YOUR WEIGHT LOSS TODAY!



Elie Klein, Doctor of naturopathic medicine

1 Eat Protein and not Grains for Breakfast

A healthy breakfast can optimize your metabolism and reduce cravings for sweets throughout the day. A protein rich breakfast, as opposed to a carbohydrate rich breakfast will limit insulin production. This is great, because too much insulin blocks the break-down of fat.

Some simple breakfast ideas include:

1. Eggs (feel free to have two to three a day, and no, according to most studies they don't raise your cholesterol). Try to add a vegetable to your eggs.
2. Cottage cheese. Mix in cut veggies or berries.
3. Delicious and healthy whey protein smoothie, add 1/2 a cup, or 1/2 - 1 serving of fruit and 1-2 oz coconut milk). A cold pressed whey protein concentrate from grass fed cows is exceptionally nourishing. It contains a variety of naturally occurring agents that help improve metabolism and contribute to overall health (see www.innotechnutrition.com for more detail). Nature Pro is made of such whey protein concentrate, has no sugar added, and contains added multi-vitamin / multi-mineral and specific amino acids that help with the breakdown of fat. A vegetarian can make a protein smoothie from a hemp seed protein powder instead. You can enjoy such a drink at any time throughout the day.



2 Lots of Water and Herbal Teas

Another necessary element for fat metabolism (the break-down of fat) is water. Make sure to drink anywhere between 6 to 12 cups of water a day. This includes herbal teas. In fact, often the feeling of hunger is confused for thirst, so have a cup of water first to test whether you are really hungry. If your stomach feels uncomfortably full when you drink, make sure to increase intake of trace minerals (one good choice is Ocean Wonder). Some people don't drink enough water because they want to avoid frequent trips to the bathroom; however, once the body gets used to more water the frequency of urination subsides.



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3

Eat Healthy Food Every 3-4 Hours

When you skip meals, you tend to overeat later on during the day and your body gets into fat conservation mode. When you eat a healthy snack or a small meal every 3 to 4 hours, your body doesn't conserve fat. Refined carbs and sugar, trans fats and many food additives lead to fat production and storage. Therefore, the best foods for your healthy weight goal include: vegetables, fruit, nuts and seeds (preferably raw or sprouted), healthy non-processed protein and whole grains. This may require some pre-planning. When you eat protein for breakfast and eat healthy food every 3-4 hours, your cravings for sweets and unhealthy foods subside.

The next two suggestions will speed up your healthy weight loss process quite dramatically.

4

Gastro-Intestinal Cleansing Speeds Things Up

This can help move you along faster and optimize fat metabolism. Within a week or two you will get rid of five or more pounds of undigested, rotting food particles that have accumulated throughout the length of your intestines over the years. This undigested food can irritate the intestines, block absorption of vitamins and minerals from your food, bring about inflammation and contribute to illness. Cleansing the intestines increases absorption of these vital nutrients, and therefore, increases metabolism and helps with on-going weight loss until you reach a healthy weight.

Dr. Miller's Wholy Tea is a simple and effective cleansing tea. Those who drink it also notice improvements in energy levels and in their digestion. You can get this health product from your local health store.

Get Your Complimentary Sample of Wholy Tea!



Email sample@innotechnutrition.com with your address and code WLBR and we will mail you a four day sample. It often starts working within four days. Limit: 1 per customer.

5

Supplement with the Right Nutrients to Optimize Metabolism

Excess weight, sluggish metabolism and cravings of sweets are all driven by deficiency of a variety of vitamins and, even more so, of minerals. Your most important metabolic hormone is the thyroid hormone. Many people exhibit symptoms of thyroid deficiency, such as: fatigue, weight gain, thinning or coarse hair, weak nails, dry skin, constipation, depression, irritability and/or abnormal menstrual cycle. These symptoms can persist even when a blood test shows normal thyroid levels. The primary reason for low thyroid levels is iodine and selenium deficiency. Iodine is easily displaced by fluorine, chlorine (present in municipal drinking water) and bromine (in refined baked goods). Kelp is your richest source of iodine, and it is also rich in over 60 different vitamins, minerals amino acids and enzymes.

Ocean Wonder kelp juice provides, in one tbsp., the daily required intake of iodine as well as many other soluble, easy to absorb nutrients. It is a simple and safe supplement, that produces results.



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