

Cardiovascular Health Protocol

Our Cardiovascular is the most important system in the body. It carries oxygen to all our cells and organs to function, it carries nutrients to every part of the body, carries immune cells to sites of infection, flushes toxins, keeps us warm, and SO MUCH MORE!

Unfortunately this system gets backed up with cholesterol, toxins, and other substances that can end up causing poor circulation, varicose veins, metabolic disease, heart attacks, atherosclerosis, blood pressure issues and the list goes on. it is so important to care for this system as best we can to ensure we have a healthy heart and good blood flow to our entire body!

Below is a protocol to help support the cardiovascular system. Please keep in mind that this is a general protocol and the supplements recommended should ALWAYS be checked with your doctor or practitioner before supplementing as they may not be the right ones for you. Always follow bottle dosage unless otherwise suggested by your doctor and you may only need a few of the supplements listed below rather than everything. These can be taken for maintenance, prevention or to improve symptoms.

Tissue Salts

These remedies can be taken safely by anyone (however still check with your doctor/practitioner) and help to rebalance, maintain, and support cardiovascular function and red blood cell formation. You can be on these remedies for as long as needed. You take them sublingually, let them fully dissolve under the tongue at least 15 minutes away from food/scent/flavours. Dump the tablets into the bottle cap and then under tongue.. never touch the pellets with your hand.

- [UNDA Calcarea fluorica](#) is used for elasticity of the blood vessels. Atherosclerosis patients need this to create more pliability for the arterial system. It is also very important for vein health as the valves and veins work better when this element is in the system.
- [UNDA Calcarea phosphorica](#) is used to keep the blood cells healthy by strengthening the cell walls. It is a major remedy to keep the cell wall intact and healthy. Great for red blood cells production and durability.
- [Ferrum phosphoricum](#) is used for any inflammatory issues and is great for vessel and arterial health. It is essential for red blood cell health as it oxygenates the blood. When someone is iron deficient or anemic, use ferrum phos as it helps the body utilize and absorb iron better.
- [Kalium muriaticum](#) restores good blood flow to the arteries.

Foundational Supplements

These supplements are all great for supporting the cardiovascular system however you won't need every single one. Most likely only just a few as several of their purposes overlap.

- [Genestra Omega 800](#): High triglyceride formulation providing 800mg of EPA and DHA per capsule in a ratio of 1.9:1, which research suggests is ideal for maintaining cardiovascular health.
- [Genestra Allisyn](#): A blend of allicyn and cinnamaldehyde (from garlic and cinnamon) that is traditionally used to help support cardiovascular health. Recent research indicates that long term garlic consumption may be effective at decreasing total cholesterol levels in individuals with higher baseline values
- [Genestra Ubiquinol 100](#): Features 100mg of Kaneka QH ubiquinol, the reduce more absorbable and active antioxidant form of COQ10 to help maintain and support cardiovascular health
- [Genestra Col sterol](#): A blend of plant sterol esters that helps to decrease total and LDL cholesterol levels. Plant sterol intake leads to a continuous cycle of decreased dietary cholesterol absorption, increased cholesterol use for bile acid synthesis, decreased bile acid reabsorption, and increased cholesterol excretion in the feces.
- [Genestra Magnesium Glycinate Liquid](#): Refreshing natural apple-pomegranate flavoured formula providing a highly absorbable mineral form of magnesium that is less likely to cause loose stools. helps to maintain proper muscle function, including heart muscle
- [Genestra Statin Care](#): Helps maintain and support cardiovascular health with a unique combination of CoQ10 and Vitamin D.

Vascular Health Supplements

These supplements help support the cardiovascular system a deeper level and can help individuals who already have cardiovascular issues. you can pair these with the above supplements/tissue salts but always check with your doctor before supplementing.

- [Pure Encapsulations Methyl Assist](#): Provides a combination of physiologically active Bvitamins and other nutrients to help support healthy homocysteine levels and red blood cell formation.
- [Pure Encapsulations Vascular Relax](#): Powerful combination of herbal extracts, including hawthorn (used in herbal medicine for maintaining and supporting cardiovascular health in adults). MegaNatural BP grape seed extract and CranLoad, a unique research-driven cranberry and grapeseed blend.
- [Douglas Labs Corvalen-M](#): offers D-ribose, a natural pentose sugar that is the backbone of the ATP molecular structure, plus magnesium to help maintain proper muscle function, including the heart muscle.
- [Pure Encapsulations Resveratrol EXTRA](#): Contains 100 mg of trans resveratrol per capsule combines with grape seed extract and red wine polyphenols to support antioxidant defense.