

YOUR HEALTH MATTERS

Vol. 1, No. 9 March 27, 2006

It does! To me, and especially to you.

These notes will help you with your health matters.

-----Feature Article-----

Help for Heart Attack!!

A few months ago I received an email from a friend. He is about my age (young :-), in the typical age range for heart and cardiovascular disease. He had had a mild heart attack and was doing fine. However, he had some questions about better ways to treat himself. The following was my reply, edited a bit to make it easier for you to read:

Glad it was only mild!

The current therapies for heart disease are, as you know,

- 1) Drugs +/- surgery
- 2) Diet and exercise
- 3) Chelation therapy, +/- supplements
- 4) Diet and emotional therapy
- 5) Other energetic modalities

Sounds like you are doing 1) and 2) without the surgery.

To Review,

1) Drugs and/or surgery. Not a good idea long term. Not cheap either, even with insurance. Doesn't get to the root of the problem and addresses only the symptoms in the heart. Does not address the same problem also going on in the kidneys, the eyes, the small vessels of the extremities, sexual organs, etc. This is no doubt why there is so much erectile dysfunction in men these days and we are not treating the cause, only affecting the symptom.

2) Diet and exercise. A better choice in the long term because it does address the underlying problem and affects the necessary lifestyle changes. However, having had a heart attack already, one might not have time to take it too slowly. Should be added to whatever program/approach you decide to do, definitely!

3) Chelation is by far the quickest, easiest and healthiest short term approach. This is done by the Intravenous method. You sit and receive the drip which includes vitamins and minerals as well as the EDTA Chelation agent. This is quick; expect to take 20 treatments over about 10 weeks. Could do more series of 10 or so depending on results. Don't know current prices, probably around \$200 per treatment but I'm sure varies with the area and doctor providing it. Don't expect any insurance reimbursement. However, it really works! Actually reverses the disease in the arteries and probably reverses aging of cells in general. I have seen it do real miracles in friends and in patients. A good book to read is "Bypassing Bypass" which explains it a lot. You can find it here linked off my website:

<http://www.goodheartgroupinc.com/GHGBooks.htm>

Chelation can also be done orally IF there is EDTA in the formulation. The one I trust the most, because I have met and listened to the doc who endorses it - he is tops in the field - is from

<http://www.hfn-usa.com>.

It is called CardioClear. When they sell you a bottle of chelation they want to sell you a bottle of minerals as well. You need to get it too and take it. Chelation is extremely safe but it does take out minerals; that is how it works. (Pulling out the calcium from the plaque causes the clot to break up and float away.) Taking the supplement puts the good minerals back in the right place. The oral method is cheaper but slower, yet still effective. Some vitamin companies sell "Chelation" minerals.

****If they do not have EDTA in the ingredients they are only a fancy mineral supplement and will likely not help dissolve clots in blood vessels.****

4) Diet and emotional therapy. This option is a very interesting one, both from a medical and philosophical standpoint. Dr. Dean Ornish of CA has shown with studies, vessel angiograms (dye placed into arteries and read on Xray), ultrasounds, etc. that when people eat a very restricted low/no fat healthy diet AND join and participate in group counseling directed to emotional/heart issues their blood vessel disease **reverses** not just decreases symptomatically! Clots disappear. Vessels get clear again. You could call it Emotional Chelation. As we might expect, emotions play a huge role in our dis-eases (actually are the main cause - another story). His books are also linked from my website.

<http://www.goodheartgroupinc.com/GHGBooks.htm>

5) Energetic modalities. Not a lot of info on this yet. For now, Chelation, diet, emotional healing are the best.

Be well, be joyful (heart is the seat of our joy)

Jon

PS. Some time later, after sending this information, I talked with Dr Taylor (MAR Founder) about this whole topic. Asked him why he didn't have an EDTA product available in his list of supplements. His take is very interesting. He feels that if one does the detoxification and diet changes the body will do the healing. He is probably right. However, time is probably the issue. If you think you are healthy do the MAR, do the detox and change your diet. Follow up with the MAR to monitor progress. If you have had a heart attack get chelated while doing the MAR and detoxifying.

CHANGE IS ON THE HORIZON

I would like to do more for my readers. Consequently we are going to expand the services of GoodHeart Wellness Institute. We are announcing the start up of a "eHealth Club". This will be a monthly subscription service especially for members who understand the value of what is being offered here. We want it to be a HUGELY value driven service We will begin by (underpricing) it at \$37 per month. Besides the newsletters, each valued at more than the subscription price themselves, we will offer

- The MAR (Metabolic Assessment Regimen) once yearly for \$50 (the price of the blood test) instead of its usual \$385

- 20% discount on all Health Specific vitamins ordered through GoodHeart Wellness (made from whole foods by Dr Taylor)

- Discounts on other health products as we can negotiate them. For example, healthy products from

 - Melaleuca (cleaning supplies for your home)

 - Essential Oils from Young Living

 - ProTeam healthy backpack vacuum cleaner for your home

- (Eventually we will expect to find help from organic meat producers, organic fertilizer distributors, etc.)

- Membership Card

- Discounts on Massage for those of you in the area or who come to the area to visit

- Live Conference Calls to ask questions and learn what others are doing to gain health

- Online chat room could be added (with some technical help at this end)

- Book Reviews

- Free advertisement space for those of you who have services and products to market

- Interviews with Alternative Practicing Doctors, recorded on CD

- Free stuff of interest as it comes along - ebooks, software, etc.

- MOSTLY, a Community of Health Seekers Helping Each Other.

When you decide to join, email me at goodheartgroup@sbcglobal.net for details and payment options. Eventually it will all be online and computerized. That will take some time and energy. For now we will do it the old-fashioned way!

We look forward to hearing from you!

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ENVIRONMENTAL AND FINANCIAL HEALTH

Follow up news flash:

The "Gas Vitamin" I mentioned last time is really working! 40-50% in my old clunker pickup and now smooth running! Improvements of a significant amount in our other vehicles as well. LOTS of other folk getting great results. More importantly people earning the means to do in life what they need and want to do:

<http://www.drjon.mybpbiz.com>

Review the site. When it grabs you as the "no-brainer" that it is, call me. Number is on the site and below. You'll clean your environment, clean your engine and get your finances moving in a healthy direction as well.

SO LONG FOR NOW

That will do for now. Trust it has been encouraging. LOTS more to talk and write about in future issues. Stay tuned.

Check out the sponsor links on the last page.

If you have a product or service to advertise to our readers, send me an email or call me for pricing.

Your questions and feedback are always encouraged and welcomed.

Have a healthy, glorious, grateful, day!

Dr Jon

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<http://www.goodheartgroupinc.com>

RESOURCE PAGE

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"Jon, these candles are PHENOMENAL! Smelled great just in the box when they arrived in the mail!"

Everyone is talking about how wonderful they smell - the best ever discovered so far. I use them in my office. One votive lasts a couple of days, and makes my work space smell and feel like home, not like the office!

Work for any time of the year, but are especially wonderful gifts this time of the year.

To find out more, or to order, call Susan at 314-750-8633 or go to

<http://www.goodheart.scent-team.com/usa2.php>

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877-434-2495 (toll free)

Use the code: **JM0001** for a discount below the

standard price of \$24.95 + S&H

The usual dose is two capsules twice daily.

At half the usual dose, or 1 capsule twice daily, you can cover chronic infections.

I would have some around just in case.

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For more information on Juice Plus+ please contact Jamie Groff-Kuenzie OTR/L, LMT at 1-866-210-0977 or 314-276-4489. Or check out her [web site](#).

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NUTRAZON

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START YOUR OWN BUSINESS

Interested in finding a way to accomplish your dreams and "WHY"?

Take a look at this [opportunity](#) and click on "Join Now" link.

This newsletter is brought to you by GoodHeart Group, Inc. and its divisions. Valued at \$39 per month, but really priceless for the information you get, it is currently free of charge, supported by advertising. Its purpose is to inform, educate and assist you in creating the best possible health that you can. You are receiving this because you have expressed an interest in the products or services of GoodHeart Group, Inc. Opinions expressed are those of the author solely. Subscription correspondence (signups and cancellations) can be made by replying to this e-ddress: goodheartgroup@sbcglobal.net.

Over time we will include information from many, if not all, of the various modalities which together comprise "alternative" or "complementary" medicine: diet/food, nutritional therapy, herbs, homeopathy, energy modalities, chiropractic and manipulative therapies, and of course massage/bodywork.

You are encouraged to forward it to your friends who would be interested.

Don't forget to click on the links of our sponsors!

Previous issues can be found [here](#). _