Essential Oils for Healthy Heart, Arteries & Blood Vessels
• 75 million Americans currently suffer from heart disease, 20 million have diabetes and 57 million have pre-diabetes. These disorders are affecting younger and younger people in greater numbers every year.
Statistics (cardiovascular disease)

- Heart disease is the number one cause of death for both men and women in the United States, claiming approximately 1 million lives annually.
- Every 33 seconds someone in the United States dies from cardiovascular disease which is roughly the equivalent of a September 11th-like tragedy repeating itself every 24 hours, 365 days a year.
- More die of heart disease than of AIDS and all cancers combined.
- By 2020, heart disease will be the leading cause of death throughout the world.
Women & Heart Disease

- Women account for just over half of the total heart disease deaths in the United States each year, although many women continue to think of heart disease as a man’s disease.
- Worldwide, 8.6 million women die from heart disease each year, accounting for a third of all deaths in women.
- 42% of women who have heart attacks die within 1 year, compared to 24% of men.
- Under age 50, women’s heart attacks are twice as likely as men’s to be fatal.
Global Statistics (cardiovascular disease)
What causes heart disease and strokes?

• Without inflammation being present in the body, there is no way that cholesterol would accumulate in the wall of the blood vessel and cause heart disease and strokes. Without inflammation, cholesterol would move freely throughout the body as nature intended. It is inflammation that causes cholesterol to become trapped.

Dr. Dwight Lundell
Inflammation is not complicated

• It is quite simply our body's natural defence to a foreign invader such as a bacteria, toxin or virus. The cycle of inflammation is perfect in how it protects our body from these bacterial and viral invaders. However, if we chronically expose the body to injury by toxins or foods the human body was never designed to process, a condition occurs called chronic inflammation. Chronic inflammation is just as harmful as acute inflammation is beneficial.
• Most of us have simply followed the recommended mainstream diet that is low in fat and high in polyunsaturated fats and carbohydrates, not knowing we were causing repeated injury to our blood vessels. This repeated injury creates chronic inflammation leading to heart disease, stroke, diabetes and obesity.
Cardiovascular Diseases
What are the biggest culprits of chronic inflammation?

- They are the overload of simple, highly processed carbohydrates (sugar, flour and all the products made from them) and the excess consumption of omega-6 vegetable oils like soybean, corn and sunflower that are found in many processed foods.
Chronic inflammation

• Take a moment to visualize rubbing a stiff brush repeatedly over soft skin until it becomes quite red and nearly bleeding. You kept this up several times a day, every day for five years. If you could tolerate this painful brushing, you would have a bleeding, swollen infected area that became worse with each repeated injury. This is a good way to visualize the inflammatory process that could be going on in your body right now.
• Regardless of where the inflammatory process occurs, externally or internally, it is the same. I have peered inside thousands upon thousands of arteries. A diseased artery looks as if someone took a brush and scrubbed repeatedly against its wall. Several times a day, every day, the foods we eat create small injuries compounding into more injuries, causing the body to respond continuously and appropriately with inflammation.

Dr. Dwight Lundell
What Causes Chronic Inflammation to the Heart?

• Imbalance intake of omega-6 and omega-3 fats. Omega-6 essential fatty acid found in abundance in polyunsaturated vegetable oil, such as sunflower, safflower, soybean, cottonseed and corn, get converted into arachidonic acid by the body. And arachidonic acid is in turn used to generate pro-inflammatory cells and hormones.

TIPS: The Western diet is rich in omega 6, because the oils are cheap and stable. They prolong the shelf life of processed foods, and the food industry therefore replaces more healthy fats and oils with omega 6.
What Causes Chronic Inflammation to the Heart?

• **Mental stress** - Studies also found that mental stress can cause changes to our immune defense systems, making us more vulnerable to infectious diseases and slows down healing by decreasing the production of pro-inflammatory hormones in places where they are needed most.

TIPS: Mental Stress mainly caused by *Negative Self Talk*, *Poor Conflict Resolution Skills*, *Pessimism*, *Taking On Too Much from responsibility*. 

![Mental Stress Image](image-url)
• **Diet high in insulin-spiking foods.** Foods that spike our blood sugar levels quickly, like white breads, cakes, cookies and sodas, prompt our body to produce more insulin to normalize our glucose levels. But excess insulin also elevates the levels of arachidonic acid in our blood, increasing the production of cells and hormones that are pro-inflammatory.
What Causes Chronic Inflammation to the Heart?

• Lack of quality sleep. Robbing yourself of adequate shuteye time wreaks havoc on the immune system, increasing the amount of inflammation in the body. What’s more surprising is that even a few hours of lost sleep can prompt your immune system to turn against you.
What Causes Chronic Inflammation to the Heart?

• **Environmental toxins.** Inhaling polluted air containing chemical irritants and toxic particles, such as pesticides, coal dust and asbestos, can throw your immune system off balance as our body cannot effectively expel these foreign particles. This leads to chronic inflammation in the lung and possibly other parts of the body, and increases the risk of cancer.
What Causes Chronic Inflammation to the Heart?

- **Microorganisms.** Bacteria, viruses and parasites have been known to stimulate chronic inflammation which manifests into a number of common physical ailments. If left unchecked, infections caused by these microorganisms can lead to cancer. For instance, the bacteria *Helicobacter pylori* which infect our stomach, can induce inflammation, ulcers, and even stomach cancer.
Fat cells. Scientists found that fat cells aren’t just dormant repository of excess fat. These fats actually secrete arachidonic acid which eventually turn into runaway pro-inflammatory substances that circulate throughout our body. So the more fat cells you have, the more inflammation you are brewing inside.
What Causes Chronic Inflammation to the Heart?

• Metaphysical Causes Of Heart Disorders: The heart represents the center of joy and security. So heart problems and high blood pressure are associated with long-standing emotional problems and lack of joy. Squeezing all the joy out of the heart in favor of money and position is related to heart attacks.

TIPS: Affirmation: Joy. Joy. Joy. I lovingly allow joy to flow through my mind, heart and body and experience of money, position and relationship. I am completely open to life and to joy. I choose to see with love.
Signs you have chronic inflammation

- Ongoing, irritating pain in the body (like the joints or muscles)
- Allergies or asthma (especially when they keep getting worse)
- High blood pressure or blood sugar problems
- Ulcers and Irritable Bowel Syndrome (constipation or diarrhea)
- Constant fatigue or lethargy
- Skin problems or red, bloodshot eyes
How Essential Oils Work?

• The chemical structure of a pure essential oil can rapidly penetrate cell membranes, travel throughout the body, and enhance cellular function.

• For health professionals who have used pure, therapeutic-grade essential oils on patients, it is very clear that there is a powerful life force inherent in these substances, which gives them an unmatched ability to interact with cells in the human body.
Essential Oils for Reducing Inflammation & Healthy Heart

• **Helichrysum** - Anticoagulant, anesthetic, antispasmodic, antiviral, liver protectant / detoxifier / stimulant, chelates chemicals and toxins, regenerate nerves. **Powerful agents with great potential to help against blood clots.**

• USES: arteriosclerosis, artherosclerosis, circulatory disorders, skin conditions (eczema, psoriasis scar tissue, varicose, veins)

• APPLICATION: Apply 2-4 drops on location, temple, forehead, or Vita Flex Point. Inhale directly, diffuser or one drop underneath the tongue 3-4 times daily.
Essential Oils for Reducing Inflammation & Healthy Heart

• **Aroma Life Oil Blends** - Improve cardiovascular, lymphatic, and circulatory systems. Supports one in normalizing blood pressure and cholesterol.

• APPLICATION: Apply 4 drops on the heart daily.
Essential Oils for Reducing Inflammation & Healthy Heart

• **Raindrop Oils Kit** - Reducing inflammation, clearing and flushing toxins from the body, balancing liver, digestive and hormonal problems thus bringing the body into structural and electrical alignment. Natural blood thinner.

• **APPLICATION**: Apply 2-3 drops of each oils on both soles of the feet (Vita Flex Points).

Essential Oils for Reducing Inflammation & Healthy Heart

• OMEGAGIZE contains **Omega-3, Vitamin D-3, and CoQ10**. All offer vital support for the heart, hormones, brain, eyes, and joints.

• APPLICATION: Recommended 3 capsules 3 times daily.

Note: Marc Schreuder explained that the brain needs **FAT SOLUBLE OMEGA 3** as it cannot absorb water soluble omega 3 from flax seeds, avocados and other vegetables and fruits. While they may be adequate for other parts of the body, they do not support the brain - and that is “where everything happens” to bring about balance in the body.
Essential Oils for Reducing Inflammation & Healthy Heart

• NINGXIA RED: Supports all systems of the body and reduces inflammation.

• APPLICATION: Recommended drink 60ml three times daily. Total 180ml every day. Dilute with pure water 1:3 Ratio. (or drink neat follow by a glass of pure water)
• Heart surgeon speaks out on what really causes heart disease
• http://www.sott.net/article/242516-Heart-Surgeon-Speaks-Out-On-What-Really-Causes-Heart-Disease
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