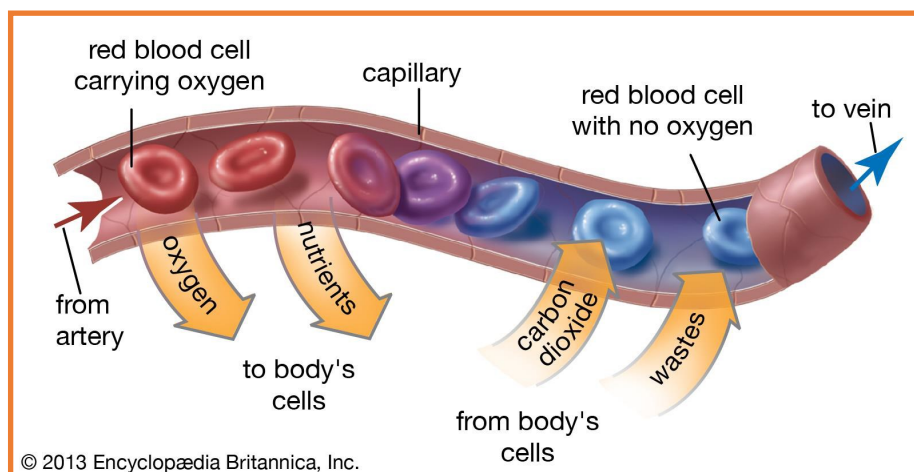
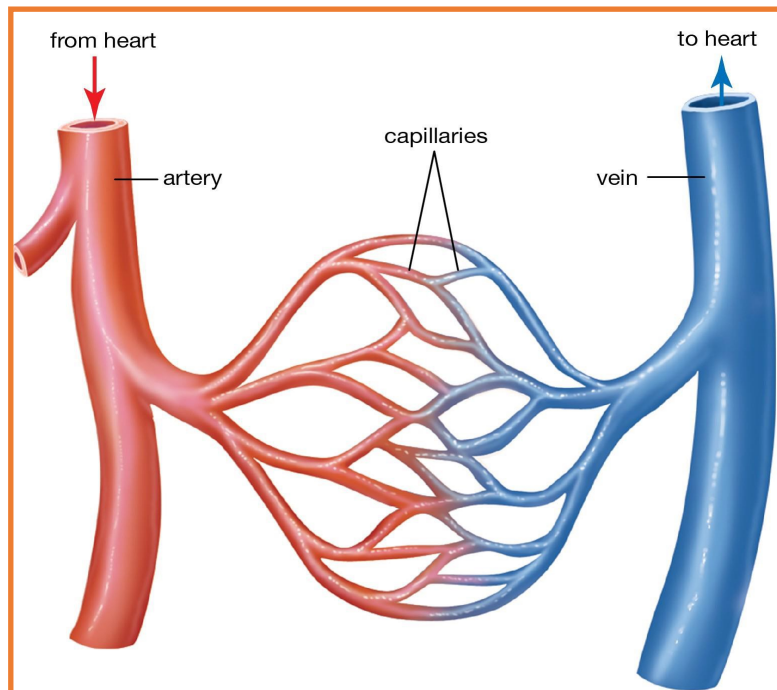




Circulation & Cardiovascular Health

The health of your cardiovascular system refers to the health of your heart as well as all the arteries, veins and capillaries. It is vital that your cardiovascular health and optimal circulation is maintained to nutrify the trillions of cells of the body.

Circulation is essential for your body to transport nutrients and oxygen to where they are needed. Your arteries take the oxygenated blood from your heart to the capillaries, capillaries allow exchanges of nutrients and fresh oxygen from your blood into muscle or tissue as needed, and then the veins return the blood with waste and CO₂ to your heart to be reoxygenated and nutrified.





Circulation & Cardiovascular Health

Capillaries

It's important to understand that capillaries are only 3-10 microns in diameter which is as small as 1/10 the width of hair, and they carry more than 20,000,000,000,000 red blood cells throughout the body. An adult has approximately 100,000 km of blood vessels if laid end to end. Capillaries usually accommodate red blood cells in single file as shown in the diagram, so if your blood is acidic, clumped or overloaded with pathogens or toxins the cells will not fit through the capillaries effectively. This leads initially to fatigue and pain and then to potentially more serious concerns.

Your heart beats approximately 100,000 a day or 35,000,000 a year so it doesn't take much imagination to understand the importance of a healthy circulation system.

Circulation

Poor circulation impacts your body's ability to deliver these essential nutrients and oxygen to where they are needed in your body. Plaque can build up in the blood vessels consisting of cholesterol, fat, calcium, fibrin, and cellular waste product to restrict the flow of blood, so our programs are designed to reduce this build up and promote the circulation of optimal nutrients. You can support your circulation and cardiovascular system with a combination of many nutrients that can be included into your diet daily.

Nutrients To Include To Support Your Cardiovascular System		
Vitamins	Vitamin B2, B3, B6, B9, B12 Vitamin C Vitamin D3	Vitamin E Vitamin K1, K2
Minerals	Iodine Magnesium Potassium	Selenium Sodium
Amino Acids	Alanine Arginine Betaine Carnosine Citrulline Cystine	Histidine Lysine Methionine Proline Serine Taurine
Essential Fatty Acids	Alpha-Linolenic Acid-3 Arachidonic Acid-6 Docosahexaenoic Acid-3	Eicosapentaenoic Acid-3 (EPA) Oleic Acid-9
Antioxidants	Anthocyanidins Co-Enzyme Q10 Flavonoids	Polyphenols Superoxide Dismutase

Continued on next page



Circulation & Cardiovascular Health

Other aspects also help support the functioning of an optimised circulatory systems. These include:

Lifestyle

Reduce the amount of smoking or smoke you are exposed to, alcohol and sugars – These contribute to circulatory dysfunction

Exercise

Walk for at least 20 minutes per day at a brisk pace – There are well known benefits of daily walking and improving your cardiovascular system

Sexual Health

A proven link is known between sexual health and circulation in relation to the elasticity and overall function of blood vessels – A optimised circulatory system is known to assist in this area

Other

Reducing the amount of stress that you experience may reduce high blood pressure – High blood pressure has many implications on your cardiovascular/circulatory system

We recommend that you get your epigenetics tested regularly to prevent circulation, cardiovascular health and wellbeing challenges