

Smart Heart

The human body is one of the most complicated machines ever created. In comparison an automobile is very simple, we all know that cars don't run on gas alone, they also require water and oil and some parts wear out and need to be replaced and additives need to be put in. My dad taught me that I could drive the car as far as I wanted to without gas, but I was never to drive it without oil. We are running our bodies without oil. In this case, oil is to cars what nutritional support is to our cardiovascular system. Every day your body requires at least one hundred nutrients. These nutrients include three fatty acids, sixteen vitamins, and at least seventy major and trace minerals as well as some phytonutrients (organic components of plants thought to promote human health) and antioxidants.

Heart disease was practically unknown prior to the year 1910. Today heart disease is the most frequent cause of death in the United States. What changed? Farming technology changed. In years gone by fields were allowed to lie fallow and renew themselves, fertilizer crops (crops that were grown and then tilled under and allowed to compost and restore vital vitamins and minerals to the soil) were planted, and it was seldom that more than one harvest per year was taken from a field. Today crops are planned so that multiple harvests can be taken from a field in a year, fertilizer is added, but not in a complete form, NPK is the fertilizer of choice. This means we are replacing the Nitrogen (N), Phosphorus (P), and Potassium (K) in the soil, but not the numerous other vitamins and minerals. Scientists estimate that each year the vitamin and mineral depletion of the soil goes up 20%. The plants that are grown in the soil no longer provide the full spectrum of vitamins and minerals that our body needs. To return to our previous analogy, we are trying to run our cars on less and less oil each year. Our bodies are incredible machines capable of adapting to new environments, changing diets, and stress; but they must have something to work with, they cannot run forever on nothing.

The majority of heart disease problems stem from atherosclerosis, or the narrowing of the arteries due to the buildup of plaque. This plaque buildup is caused by free radical damage to the artery wall. When the artery wall is damaged the body sends calcium in to plug the hole. The problem is this is intended to be a temporary fix. The body plans to send along a repair crew to rebuild the wall, that repair crew is made up of vitamins and minerals. Our bodies are not getting the nutrients they need, this makes repair crews in short supply. Unfortunately, just because we don't have repair crews doesn't mean that things quit breaking down. Cholesterol sticks to the calcium that was intended to be only a quick fix, but is now a long-term fix. As more cholesterol sticks, the plaque buildup begins and the arteries begin to narrow. This drives up the blood pressure and we have more damage to the artery walls and the process begins to spiral out of control. The root problem lies not in the cholesterol levels, nor in the blood pressure levels, it

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doesn't even lie in the artery wall damage, the problem lies in the lack of quality nutrients, the lack of vitamins and minerals required to repair and do preventative maintenance.

Smart Heart is a formula that was designed to help the body eliminate the plaque buildup, but it also serves as the maintenance and repair crew for the entire cardiovascular system, providing the sought after vitamins and minerals that are needed for the heart. Dr. Whiting, the formulator of Smart Heart said, "Instead of coming out with just a chelating agent for arterial plaque. I wanted to take this concept ten to twenty steps further and end up with something that your heart just dances over when you take it. I believe that we have achieved that." (Smart Heart/Smart Change Training Call, Dr. Whiting, Jan 6, 2011)

Smart Heart is for everybody! It is not only for people who are having cardiovascular challenges. It is not only for people who have a genetic predisposition for cardiovascular challenges. It is not only for people who have a stressful lifestyle. It is a formula for a people who live in a world that has free radicals and chemicals running rampant in the environment, the water, the food, and the air. It is a formula for our time. Who should take Heart Smart? Everybody! How often should they take it? If you feel you are at cardiovascular risk or know that you already have cardiovascular challenges then it is recommended that you take it every day. If you do not have any challenges or a family history of heart challenges and want to use it as a preventative then you are encouraged to take Smart Heart for at least six months out of the year. "Smart Heart is nutritional support for the cardiovascular system. Recent breakthroughs in formulation and stabilization now allow us to use EDTA, one of the most powerful chelating agents, heretofore only available as an intravenous infusion. Smart Heart represents the very latest in both science and formulation technology for full cardiovascular support." (Be Young product catalog). Smart Heart is a patented formula exclusive to Be Young; it is part of their Smart Nutritionals line. Traces is pleased to carry the entire line.

To order, for class information, or if you have questions contact:

Debby or Penny Swann

208-852-2295

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