

## Cut Your Risk of Heart Problems Up To 40%...With Just One Nutrient

If it sounds too good to be true...rest assured the science behind this nutrient is found in tantalizing reports in *Newsweek*, *60 Minutes* and *The New York Times*, and in research hailing from:

- **Harvard Medical School**
- **Massachusetts General Hospital Neurochemistry Laboratory**
- **Yale University Department of Vascular Surgery**
- **The National Institute of Aging**
- **The National Cancer Institute**
- **Young Scientists Award**
- **John Hopkins University**

### Ancient Remedy Still Powerful

Over 4000 years ago, the ancient medicinal book of the Hindus described fermented juice of red grapes (darakchasava) as a cardio tonic. The bible described grape juice or red wine as a “**Gift of God.**”

This heart health miracle is also often referred to as the “**French Paradox.**”

You’ve all heard it by now...the French enjoy foods rich in cream sauces and meat ALL THE TIME...along with ample measures of red wine. Yet, they also enjoy a 40% lower incidence of heart disease than other westernized countries that eat less fatty foods and drink other types of alcohol.

#### Their amazing secret!

Red wine contains a chemical called resveratrol. Resveratrol is a plant compound known as a Polyphenol. It’s found in the vines, roots, seeds and skin of grapes and it’s produced as a defense response to injury or fungal infections.

### Your Will Arteries Love It!

Here’s why your arteries will love resveratrol...studies show it will:

- **Relaxes blood vessels, instantly**
- **Blocks unhealthy build-up in the blood vessels**

- Prevents LDL cholesterol from oxidizing and turning to plaque
- Stops arteries from forming bumps that cause thickening and hardening of the artery walls, according to the *Yale University Department of Vascular Surgery*

## Shocking Results of Life-Extension by 30-60%

Top echelons of scientific research found that resveratrol extends lifespan in the following species: Yeast by 60%, worms by 30% and fish by 60%.

They discovered that life-extension occurs because resveratrol triggers an enzyme called SIR2. The equivalent enzyme in mammals is SIR1.

New research, led by scientists at *Harvard Medical School* and the *National Institute of Aging* showed for the first time that the small molecule resveratrol offered survival benefits in mammals. Listen to what Dr. David Sinclair, co-senior author of the study had to say:

*“There is no question that we are seeing increased longevity. The mice on resveratrol have not just been living longer; they are also living more active and better lives. Their motor skills actually show improvement as they grow older. Presently the team has found resveratrol to reduce the risk of death from the high calorie diet by 31%.”*

Studies on human volunteers are equally as exciting! These studies showed that you can trigger the SIR1 enzyme, if you eat a VERY low calorie diet. In fact, you would have to cut calories by about 40% per day to get the health benefits.

Calorie restriction switches on the SIR1, which then triggers “survival” genetic pathways that will:

- Lower blood pressure,
- Enhance fat metabolism
- Improve blood sugar levels
- Cleanse heart and liver tissues
- Increase insulin sensitivity

**Your body acts like a younger, leaner, stronger you!**

But cutting your calorie intake by 40% everyday is no easy matter. But in the groundbreaking study done at *Harvard Medical School*, researchers found that mice fed high-calorie diet **plus resveratrol**, lived an average of 15% longer than those mice that ate

high calorie diet and no resveratrol. And 144 out of 153 “obesity” gene pathways, normally altered under the stress of unhealthy weight gain, **were reversed!**

## Can This Single Nutrient Reverse a Lifetime of Poor Diet Health Risks?

In the *Harvard* study, deaths related to obesity, insulin and heart problems were cut by 31%.

In other studies, resveratrol has been shown to cause a 13-fold increase in the activity of SIR1.

Resveratrol is also shown to reduce fatty lesions and inflammation in the heart and liver by 61%. Plus, you get the protection from one of today’s most menacing health threats: high glucose and insulin levels.

## Why Not Just Start Drinking Wine to Get the Benefits?

I wish it were that simple! Remember: Resveratrol is produced by plants’ response to fungal attack. With today’s use of pesticides, resveratrol content in red wine cannot be guaranteed.

In addition, to getting the resveratrol life-enhancing benefits, researchers estimate you need to drink 1000 glasses of red wine every day.

Ouch! That’s a lot of wine! I don’t think being classified as a “Wino” and walking around in a drunken stupor all day is what the researchers had in mind!

## Beware of Leading Brand Name Formulas

Many top brands of resveratrol on the market today come in pill form. For many people pills are hard to swallow and according to the *Physician’s Desk Reference* (page 1542), as little as 20% of nutrients taken in pill form actually make it to the cells in your body. On top of that, always read the label for how much resveratrol is actually in the product. A label may say 200 mg of resveratrol followed by 20% resveratrol in parentheses. So, you are actually getting only 40 mg of actual resveratrol.

### **A liquid formulation ensures maximum absorption!**

That is why I am recommending **CardioForLife®**. It comes in a delicious grape, peach and orange flavored powder that once mixed with a few ounces of water, becomes a liquid and guarantees maximum absorption. Vital nutrients are absorbed in the lining of the mouth within seconds and delivered via the bloodstream to the tissues and cells of the body for immediate use.

**CardioForLife®** contains 100% of 50 mg of resveratrol along with other heart nutrients, like arginine, vitamin D3 and CoQ10. All this for just a little over \$1.00 per day!

## The Most Potent Anti-Aging Supplement In the World!

The amazing and astounding benefits of the red wine compound resveratrol can have a significant and far-reaching effect on the health of your entire body. Resveratrol has been shown to not only protect and repair your body's cells, but actually enable them to repair themselves while ensuring the sick and dying cells don't multiply. **This could lead to a longer, healthier lifespan for you and your family.** If you want to look and feel younger and continue to celebrate birthday after birthday well beyond your 90s, then put the healing power of resveratrol to work for you. So, try a jar of **CardioForLife®** today!



**Because you only have one heart!**

### About the Author

Harry Elwardt is a naturopathic doctor with a PhD in Health & Nutrition. He is also the author of the book, "**Let's STOP the #1 Killer of Americans TODAY!**" Dr. Elwardt has declared war on heart disease and travels the country lecturing on what Americans can do to prevent and reverse this merciless killer. If you would like to schedule Dr. Elwardt to lecture and conduct heart screenings in your church or business establishment, email him at [drharry@comcast.net](mailto:drharry@comcast.net)