

Dave's Heart Formula

- **Cardiovascular support**
- **Antioxidants**
- **Gas and bloating**

Heart formula is a particular blend of herbs designed to aid and protect cardiovascular health.

Hawthorn berry is an herb traditionally used as a cardiovascular tonic while herbs Anise and Melissa have been thought to relieve symptoms of gas and bloating which may relieve pressure in the chest.

The heart is the engine of your body. It is also one of the most abused organs, as heart disease is one of the biggest killers of Americans. It is, and should be, a big concern.

Chinese medicine looks at the heart as the seat of the soul; it governs many of our emotions and is an important part of joy, or lack thereof. Heart emotions which show a sign of imbalance include lack of joy, financial problems, emotional traumas (broken heart), and failure to trust yourself or others.

Men have more heart problems than women, but as women assume more high-stress jobs (like men), their heart problems approach that of men. Women's heart issues are usually ignored until menopause when their risks become equal or surpass that of men.

According to Chinese medicine, they explain that alterations of the tip of the tongue may explain heart issues. In all left-sided problems of the body, consider heart involvement. There are other signs. The great American diet, high in fat, sugar and salt, is largely responsible for cardiovascular disease. Add tobacco, coffee, alcohol use and you have the perfect recipe for early suffering of strokes, heart attacks and even death! The main cardiovascular diseases are high blood pressure, enlarged heart, and arteriosclerosis.

While medications can be important (Don't get off heart medications without consulting your doctor!), they may not be able to deal with the quality of life issues such as joy of life and sleep issues (see Dave's Sleep Formula).

Formula includes: Hawthorn, Mistletoe, Shave grass (Horsetail), Melissa (Lemon balm), and Anise.



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Herbal Formula

Anise has been traditionally used in relieving symptoms of gas and bloating that can affect a feeling of fullness in the area of the heart and lungs. It has been used to support respiratory problems such as laryngitis and coughing. It also promotes milk production in lactating women. These effects all enhance digestion.

Hawthorn has been used for hundreds of years as a heart tonic to support overall cardiovascular function. It may take up to 6 weeks to see effects which come from its super antioxidants. Hawthorn also assists in maintaining nervous system function. Europeans use the flower and the leaf while Americans use the berry; a combination of the three gives all the benefits.

Melissa (Lemon balm) has been used as a relaxant and cardiovascular tonic as well as promoting restful sleep. It assists in normal muscle function and a healthy digestive tract. Melissa helps to support symptoms of stress and also symptoms of uncomfortable periods.

Mistletoe has been used in Europe for maintaining cardiovascular, nerve and respiratory health.

Shave grass (horsetail) is used to support healthy urinary function. The silica content aids connective tissue health, especially of veins and arteries.

Traditional herbal uses

- Bloating
- **Cardiovascular support**
- **Cholesterol health**
- Diuretic
- Gas
- Indigestion
- Lactation, healthy
- **Stress symptoms**
- **Vein support**
- **Water retention**