

## Breaking News These 4 Things Happen Right Before a Heart Attack. Click Here

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## Natural Remedies That Can Save Your Heart

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By Kathleen Walter and Nick Tate

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Heart disease is the No. 1 killer in the United States, with heart failure, angina, and abnormal heart rhythms afflicting millions of Americans. But all three conditions can be helped with natural treatments that strengthen the heart and boost your overall health, says Jacob Teitelbaum, M.D., a leading nutritional expert.

Dr. Teitelbaum, author of "Real Cause, Real Cure: The 9 Root Causes of the Most Common Health Problems and How to Solve Them," tells Newsmax Health many conditions can weaken the heart and raise the risk of early death, without obvious signs and symptoms.

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"Anything that weakens the heart muscle, such as heart attacks, high blood pressure, valve problems, even things like diabetes and infections, all of those can cause heart failure, with heart muscle weakening," he explains.

The good news is that vitamins, minerals, and other alternative therapies can boost heart health and reduce the need for some drugs, surgery, and other conventional treatments.

"Anything that improves the efficiency of energy production in the heart will improve its function. B vitamins and magnesium stand out as being important nutrients that should be found in the diet and that most Americans are simply not getting optimal levels of," he says. "So a multivitamin ... that has a high level of B vitamins and magnesium can be a healthy starting point."

Story continues below video.



Dr. Teitelbaum says he has also seen great improvements in his heart patients who take other supplements that scientific studies have shown to boost cardiovascular function.

"There's two superstars when it comes to heart health, one would be ribose also known as corvalen," he says, "and I'll have people [take] a five-gram scoop three times a day. The other on CoQ10 – 200 to 400 milligrams a day – which in a recent study, again, was shown to markedly improve heart function and decrease the risk of death from heart failure."

Dr. Teitelbaum says he has also seen improvements in his patients who take magnesium orotate and acetyl-L-carnitine, an amino acid naturally produced in the body that helps boost energy and is used to treat a variety of conditions – including Alzheimer's disease, depression, Down syndrome, diabetes-related nerve pain, and even male menopause.

"In addition the herb hawthorn has been shown in study and study to be very very helpful for heart disease," he says.

"You don't have to take all of these," he adds. "The multivitamin, CoQ10, and the ribose is what [I'd] start with."

As with all treatments, Dr. Teitelbaum notes, these natural supplements can interact with other drugs – such as blood thinners – and may cause rare side effects in people with certain conditions, including kidney disease. As a result, he recommends taking any supplements only under a doctor's supervision.

"But overall, these treatments are remarkably safe," he adds.

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