

Healthy Hearts

Faith & Family Radio Resources

[Episode 153 - Healthy Hearts - Part 1](#) & [Episode 154 - Healthy Hearts - Part 2](#)

*Honor the physician with the honor due him,
according to your need of him, for the Lord created him;*

² for healing comes from the Most High, and he will receive a gift from the king.

³ The skill of the physician lifts up his head, and in the presence of great men he is admired.

⁴ The Lord created medicines from the earth, and a sensible man will not despise them.

- Sirach 38:1-4

Books

[Why Animals Don't Get Heart Attacks. . . But People Do!](#)

by Matthias Rath, M.D. (Research Assistant to two-time Nobel Prize winner and noted as 16th Greatest Scientist in Human History, [Linus Pauling, Ph.D.](#)). ****UPDATED** version of this book includes Dr. Rath's landmark lecture at Stanford University******

[Stop America's #1 Killer!](#) by Thomas E. Levy, M.D, J.D. ****Overwhelming Evidence Cites over 650 Scientific References****

[Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins](#)

by Thomas E. Levy, M.D, J.D.

[A Patented Heart Disease Cure That Works:](#) by David H. Leake, a layman. Includes astonishing photos of his heart before & after his vitamin/mineral regimen.

[The Magnesium Miracle:](#) Discover the Essential Nutrient that will Lower the Risk of Heart Disease, Prevent Stroke and Obesity, Treat Diabetes, and Improve Mood and Memory. By Carolyn Dean, M.D., N.D.

[The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease--and the Statin-Free Plan that Will](#)

by Jonny Bowden, PhD, C.N.S., and Stephen T. Sinatra, M.D, F.A.C.C, F.A, C.N, C.N.S.

[The Sinatra Solution: Metabolic Cardiology](#)

by Sinatra, Stephen T., M.D, F.A.C.C, F.A, C.N, C.N.S.

Websites

Dr. Linus Pauling's Therapy (www.paulingtherapy.com)

Dr. Thomas Levy (www.tomlevymd.com)

Dr. Stephen Sinatra (www.drsinatra.com)

Vitamins/Minerals

Cardio Miracle: This comprehensive supplement, with 55 ingredients, has vitamins, minerals, phytonutrients, and antioxidants.

Liposomal Vitamin C

Liposomal Vitamin C packets (for travel)

L-Lysine & L-Proline

Buy Vitamins Made from Food & Not Chemicals – Note: Dr. Levy cautions against excessive calcium supplementation. **MegaFoods** is one of the good brands. Available at Sprouts, health food stores, and Amazon.

Why Ionic Minerals? It's a challenge to get needed minerals into your cells. Many people believe that the ionic type of minerals is the most absorbable form. Ionic minerals are crucial for the body because they are readily absorbed. They act as electrolytes, helping regulate fluid balance, nerve impulses, and muscle contractions. They also play a role in nutrient absorption, enzyme activation, and maintaining overall health, including bone and heart health.

Ionic Sea Minerals – [Aussie Trace Minerals](#) & Amazon

[Ionic Magnesium & Potassium](#) - See Good State ionic products on Amazon

[Sea-90 mineral fertilizer](#) - Only non-hybrid tomato plants will absorb all 90 of the sea minerals. [Video: Best Organic Sea Fertilizer That You Can Eat!](#)

High Absorption COQ10 is essential – [Qunol](#) is one of the good brands at Costco, Amazon, and several other places.

***Disclaimer:** On this fact sheet, and on the accompanying radio shows, we are sharing personal health stories & some information on healthy heart strategies we have personally taken advantage of. We do not intend for our stories to be any type of medical diagnosis, recommendations, or prescriptions. We are not physicians and therefore are not offering medical advice. Anything you contemplate doing should be discussed first with your family physician.*



If you need assistance in locating any of the above resources and/or want an electronic copy of this list sent to you, contact us at contact@bibleforcatholics.com.

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bibleforcatholics.com / luke21.com / dads.org