

## Healthy News Worth Shouting About!

Ruth Barnes, our upline mentor and dear friend, got a quadruple genetic whammy from her parents and grandparents. Her father died of a heart attack at age 60, and her mother struggled with angina all her adult life. Ruth never knew any grandparents- they all died young of heart disease. Ruth was aware of her genetic risk and has pursued a healthy diet and Shaklee supplement program for years.

Her cardiologists have told her that her pro-active strategies have definitely kept her alive. Four years ago, she had to have 4 stents put in 2 arteries after a triple-by-pass did not work as well as they had hoped. Even after this, Ruth's ejection fraction measure- the measure of blood pumped out of the ventricles with each heart beat was in the 35% range. Healthy levels are 55-75%. She increased her **Omega Guard** from 6 to 12 per day. Many of you would say, "Isn't that dangerous- isn't she over-dosing"?

Quite the opposite...Her ejection fraction measurement in July of this year was 76%. Her cardiologist was truly impressed and very supportive of her supplement routine.

Ruth gave him even more reason to be impressed this week when she had her cholesterol levels checked. She has been on **Cholesterol Reduction Complex** since late August. Her LDL cholesterol levels dropped a whopping 14.9% with a 15% increase in the HDL's. Her cardiologist felt that her HDL increase was the most impressive. He said, "I haven't seen anyone increase their HDL levels to this degree...ever." Remember the main function of HDL's are to soak up excess cholesterol from the walls of the blood vessels and transport them to the liver where they are broken down and then moved to the intestines where they are bound with bile and removed from the body. There is a corollary function of **Cholesterol Reduction Complex**- it has to do with the LDL cholesterol. Ruth's LDL levels dropped because the sterols and stanols in the **Cholesterol Reduction Complex** keep the cholesterol in the intestines so they are bound with bile from the liver and removed from the body. Ruth is so excited she said she'd like to go out on the street and shout the good news. Perhaps we can help!



Team Villandry

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Cholesterol Reduction Complex: <http://ashleyvillandry.myshaklee.com/us/en/products.php?sku=21219>

Omega Guard: <http://ashleyvillandry.myshaklee.com/us/en/products.php?sku=21252>

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screening at his work place. R excitedly texted me  
That's amazing! And it was all done naturally! Yea Sh

the HDL's. Her cardiologist felt that her HDL increase was the most  
impressive. He said, "I haven't seen anyone increase their HDL levels to this degree...ever." Remember the main func  
on the walls of the blood vessels and transport them to the liver where th

have the energy to do it (such as squats holding a 5' while we play, going up and down my  
for my house 20 times while watching the 60). I can truly say, I am ENJOYING this weight  
th

taking 1/2 of 1 had diarrhea, bloody stools, and even discharge in the toilet I didn't  
as bad for a short time. I was basically living on toast and yogurt and drinking only a  
an energy. Now I walk my dog but I can not even things and I still drink mostly wat  
really have tea or a soda. I am now able to do my regular activities.