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Truegenics Project – TSL/VSL – New heart support supplement

Note: TSL starts at the top and continues throughout.

VSL script would start below the subhead. VSL scene starts inside an ambulance, on to an operating table, then to ICU. From there, scenes would be chosen to match script.

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*No matter if you're a man or woman, and no matter how healthy you think you are, if you are over 50 you should know about this . . .*

## **Harvard Medical School Finds the Missing Link that Will Revolutionize the Treatment and Prevention of Heart Disease**

*Here's how I found out about the missing link and the life-saving answer it holds*

[VSL script]

The Strange Thought That Ran Through my Head as I Was Lying in an Ambulance Racing to the Hospital to Save my Life from a Heart Attack.

Strangely enough, I was thinking of James Gandolfini.

The actor who played the mafia don in the TV show, The Sopranos.

A number of years ago I read the tragic news about his untimely death at only 51.

He had feasted on a big meal, including a heaping plate of fried prawns smothered in mayo and chili sauce, and lots of booze.

Soon after, he had the massive heart attack that killed him.

After reading this, I resolved to stay away from fried foods.

And I did.

Resolved not to drink.

And I didn't.

I exercised 4 times a week.

I took a statin to keep my cholesterol down.

I ate food with the "heart-healthy" label.

And here I was barely hanging on to life with a heart attack at only 58 years old!

I had followed the "heart-healthy" advice, so why was I here? I was determined to find out the answer.

But right now, as the ambulance pulled into the back entrance, I just wanted to live.

I'm Len Sidell, and thankfully, through luck and a wonderful heart surgeon, I survived. But it was close.

Here's what happened just a little while earlier.

An excruciating pain in my left arm woke me up in the middle of the night.

My wife was out of town so I was alone. But my cell phone was right there on the night table. I managed to use my right arm to call for help.

Luckily, I live in NYC and a major hospital was literally minutes away.

If I lived in a rural area, or even a suburban area where the hospital was just a minute too far away, I'd be dead.

As I lay there on the operating table, I heard the surgeon say something that stuck with me.

He was looking intently at the monitor I was hooked up to, and said, "Your lower left coronary artery is just about 100% blocked."

Then he quickly got down to business and went about putting in the stent that saved my life.

For some reason, I was not put out for the procedure.

Though I didn't feel anything as they proceeded, I was awake and my mind was active.

I wondered how could my artery be 100% blocked?

How could this happen to ME?

I was known as the "healthy one" in my circle of friends.

I worked out about 4 times a week.

Every morning, I eat a bowl of heart healthy oatmeal.

Heck, I always looked for that "heart healthy" label in the supermarket.

Then I got angry thinking about all the "heart-healthy gurus."

**"You? A heart attack? I'm shocked! You're the last person ..."**

I had a couple of days in the Intensive Care Unit to think about it all. There's nothing else you can do, as nurses come in, monitor and measure all sorts of important heart functions, and give you various medications at all hours.

Of course, I had visits from family, lots of calls from friends, and always, the same comment . . .

*"You? A heart attack? I'm shocked! You're the last person ..."*

After a while, I got tired of hearing it.

*I know, I know, I'm the last person you thought this would happen to.*

*Well, me too!*

As I lay there in the ICU, unable to sleep with all the beeping sounds from various monitors, and the constant checks, I made a couple of promises to myself. . .

- 1) This would never happen to me again! Whatever it took, this would not happen again.
- 2) I'd find out what really happened, and warn all the "heart-healthy" followers because I felt no one warned me.

And I think I'm the right person to find out what the real story is and why heart-healthy living didn't work as promised.

You see, I'm a medical writer/researcher by profession. I work at a medical research company that puts on conferences for doctors.

I write briefs and reports for medical conferences, and summaries of the latest clinical trial news.

So I should've known more, right? Well things are pretty specialized in the medical field. I mostly work on cancer conferences and research. And haven't seen much cardiovascular research.

Once I was out of the hospital, I was able to do my work for the medical company at home. But I also researched everything I could about heart disease, heart attacks, and the latest findings in cardiovascular research.

And what I found is eye-opening. Some of it flies in the face of accepted wisdom.

I'll condense it for you and tell you the highlights.

# Because if you're over 50 years old, you need to know this.

Here's some of the things you'll find out.

- The wisdom of a 17th century physician Thomas Sydenham, called the English Hippocrates, who said, "a man is as old as his arteries." The only change I'd make to that is to add, "a man OR woman."
- The surprising problem with the "Heart Healthy" advice you hear.
- The missing link that Harvard Medical School uncovered that can revolutionize the treatment and prevention of heart disease (*and what I found that even Harvard Medical School missed*)
- The connection between a 90-foot tree in India and the missing link that Harvard uncovered.

But at the root of it all is a true biology story. The story of a dangerous process that could be forming in your body right now.

And how that process nearly ended my life and how it ends the life of hundreds of thousands of people every year. It's the story of....

## The Tripwire Artery

It actually starts out as a beautiful biological process.

When you're young, your arteries are wide and clear, so blood flows easily, carrying nutrients throughout your body. <sup>1</sup>

Your arteries are elastic and can easily widen and contract as necessary.

As we age, this changes. The arteries harden and constrict.

This begins with cholesterol, fat, calcium, and fibrous tissue that collects in your body.

It builds up and forms plaque along the walls of your arteries. <sup>2</sup>

This process, called atherosclerosis, puts you at risk for heart attacks, strokes, and peripheral artery disease.

When plaque builds up it can break up and burst, forming a clot that blocks your artery and stops blood flow to your heart. <sup>3</sup>

When it happens to one of your main coronary arteries, it can be lethal.

That's why I call a main artery with a big build-up of plaque, a Tripwire Artery.

Once the plaque formation has reached a dangerous state, it is in a sense, a tripwire. Anything can set it off. I say, "it detonates," because that's how lethal it is when it happens.

## **The damage begins much earlier than you might think**

This process, atherosclerosis, starts way earlier than we had thought.

By the age of 40, about half of us have cholesterol deposits in our arteries, according to cardiologist Matthew Sorrentino MD, a professor at The University of Chicago Medicine. <sup>4</sup>

By the time you're in your 50s, signs of atherosclerosis appear in many people.

Even people who seem as healthy as can be.

Like Bob Harper, who you may have seen in TV commercials for a heart medication. He was Oprah's physical trainer, as well as for many other celebrities.

Of course, he was in superb shape. Yet he suffered a near fatal heart attack at 52.

Turns out, as heart healthy as he lived, doctors found that his lower left artery was almost totally blocked.

“That’s when he went into sudden cardiac arrest and basically died,” explains cardiologist, Warren J. Wexelman, M.D., a clinical instructor in the Department of Medicine at the New York University School of Medicine. <sup>5</sup>

A doctor who was working out at the gym administered CPR while someone else dialed 911. To restart his heartbeat, Harper had to be shocked three times by an automated external defibrillator.

## **The Problem with Following Heart-Healthy Advice**

While I believe heart-healthy eating is a good thing, here’s the problem I see with people following heart-healthy advice.

It lulls you into a false sense of security. “Oh, that can’t happen to me.”

Well, that’s what I thought, before it happened to me.

That’s what Bob Harper thought.

When asked about his heart attack, Harper said, he never believed it could happen to him because of the super healthy lifestyle he led.

You see, you can do all the heart-healthy things that health gurus recommend.

But it still may not be enough.

The problem? Mother Nature.

Things change as we get older. And change drastically when you’re over 50.

It doesn't mean you are going to get a heart attack in your 50s. Or your 60s or 70s.

Some people never get one.

But many do.

The biggest problem is the plaque build-up in the arteries. By the time you're over 50, these additional accumulations greatly increase your risk of a heart attack.

And scientists have found that *even small plaques* that may not show up in stress test results are just as likely to rupture and cause heart attacks.

So even if the plaque accumulations are small, the more of them you have throughout your arteries, the greater your risk. <sup>6</sup>

All this was eye-opening, but I still had a crucial question.

Granted, some plaque build-up is inevitable as we age.

But what exactly causes them to rupture, resulting in a fatal blood clot? And is there any way to prevent that deadly event?

## **I became obsessed with the Tripwire Artery and how to stop it from going off**

You know how sometimes when your mind is obsessed with something, your awareness of that issue is heightened. And suddenly you come across what you are looking for in big bold letters.

That's what happened.

I was online and then I saw the article that stopped me in my tracks. And I could tell right from the title this was it.

It was in a publication put out by Harvard Medical School. The title of the article:

## **Targeting inflammation: a missing link in heart treatments <sup>7</sup>**

So there it was, right there in the headline. The main culprit is inflammation.

But we need to take a deeper look because this is not your common, garden-variety inflammation.

You know when you have an injury or infection and it results in inflammation? That's the reaction of your body to repair damaged cells.

Inflammation around your heart is different.

This is what's called chronic inflammation, and as the article points out, it plays a pivotal role in the build-up and rupture of plaque inside your arteries.

LDL, or bad cholesterol, enters your artery and lodges on its wall. Your body perceives plaque as foreign, so it initiates an inflammatory response to contain the damage.

White cells are drawn to the area to consume the cholesterol particles and to wall off the plaque.

So far so good. The intention of the white cells is good. But as the saying goes, the road to hell is paved with good intentions.

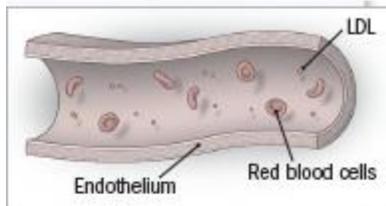
As the inflammation increases, the plaque grows bigger and more unstable.

In other words, the artery tripwire is set.

And it doesn't take much for it to rupture and detonate, forming a clot that blocks your blood flow.

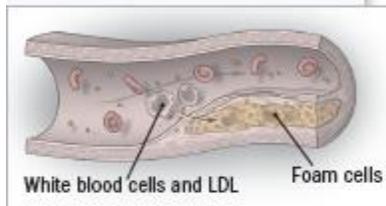
These clots are responsible for MOST heart attacks and strokes.

## The Stages of Plaque Formation and Rupture



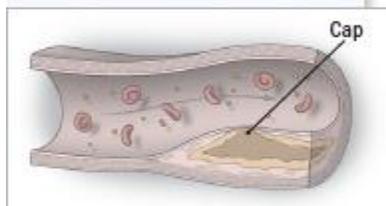
### **Stage 1: Excess LDL cholesterol gets into artery**

Excess LDL (“bad cholesterol”) leaves the blood and lodges in the artery walls.



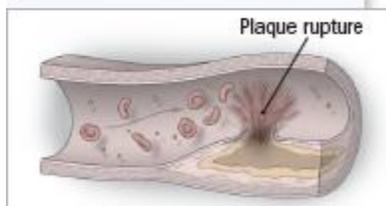
### **Stage 2: Plaque builds up and narrows arteries**

As LDL cholesterol builds up, white blood cells arrive to engulf the cholesterol. This forms clumps of plaque.



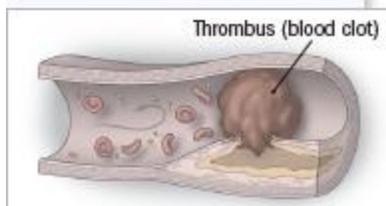
### **Stage 3: Inflammation increases the size of the plaque**

The more inflammation increases the size of the plaque, the more blood flow is restricted



### **Stage 4: The mass of plaque ruptures**

As some point, the accumulated plaque becomes vulnerable and ruptures.



### **Stage 5: A clot blocks the artery**

Once a plaque ruptures, platelets accumulate at the site, to start the clotting process. The clot formed by red blood cells, platelets and other material blocks the artery and prevents blood from reaching the heart.

So now we know we have a clear culprit. The process that turns plaque build-up into a fatal event is *coronary inflammation*.

In the article, Harvard researchers say because they now have this clear target, they can work on promising new drug therapies that specifically target cardiovascular inflammation.

Well, that's the point where I leave and go in a different direction.

Conventional medicine is geared to work on pharmaceutical treatments. Well, they certainly have their place. Drugs can save lives.

But conventional pharmaceuticals also have strong side effects.

## **What Statins and Beta Blockers Can Do to You**

For instance, doctors often prescribe statins for people with high cholesterol to lower their cholesterol and reduce their risk of a heart attack or stroke.

While statins are highly effective, they have been linked to muscle pain, digestive problems and mental fuzziness in some people.

Statins may also raise blood glucose levels which may lead to the development of type 2 diabetes.

In fact, the Food and Drug Administration (FDA) has issued a warning on statin labels regarding blood glucose levels and diabetes." <sup>8</sup>

Beta-blockers, such as Metoprolol, are often prescribed for lowering high blood pressure to prevent strokes, heart attacks,

While effective, medications such as Metoprolol can lead to a number of side effects, including:

Dizziness or lightheadedness, depression, nausea, erectile dysfunction, stomach pain, vomiting, gas or bloating, tiredness, heartburn, and constipation.<sup>9</sup>

## **MY SEARCH FOR A NATURAL TREATMENT WITHOUT SIDE EFFECTS FOR CARDIOVASCULAR INFLAMMATION**

Once I learned that cardiovascular inflammation was the main culprit, the process that can cause plaque build-up in an artery to explode, I could focus my search for a treatment.

The caveat is I was looking for a natural treatment without side effects.

I searched through books, research, articles and more for a natural remedy that targeted cardiovascular inflammation.

As is often the case, when looking for natural remedies, I often turn to non-traditional alternatives.

Although I guess it depends on what you call “traditional.”

A trusted friend of mine told me she was studying Ayurveda treatments.

In one sense, you could call it “alternative or non-traditional.”

But it is a healing tradition that has been around for thousands of years. You don't get to last that long unless you have helped a lot of people.

So I combed through the Ayurveda literature looking for treatments related to cardiovascular inflammation.

**Little did I know the exact cardiovascular treatment I'd been searching for has been used since the year 2500 B.C.**

Then I found it.

The bark of the Arjuna tree.

Turns out Ayurveda practitioners have been using the extract from the Arjuna bark as well as from the tree's plants to treat heart issues for 2500 years.

But before I tell you more about the powers of the Arjuna tree bark, I need to address something.

Your skepticism.

I know you have it because talking about the healing powers of a tree bark sounds a bit strange.

So let me first remind you of the willow tree.

The use of willow bark for pain relief continued through the time of ancient Greece and on through Roman times.

In the late 1800s, the German company Bayer helped turn the active ingredient from the bark of the willow tree into aspirin.

Aspirin became the most widely used treatment for pain. And in recent years has become a preventative treatment for the heart.<sup>10</sup>

I say all this just to point out that the bark of a tree containing powerful healing properties is not new or crazy.

Arjuna extract is made from the bark of *Terminalia arjuna*, a deciduous tree that grows up to ninety feet tall throughout India.

The tree's thick, white-to-pinkish-gray bark is probably the most widely used cardiac herbal medicine in Ayurvedic medicine.

Alan Keith Tillotson, Ph.D., author of *One Earth Herbal Sourcebook*, says that arjuna bark is "one of the most important heart tonics in Ayurvedic medicine, used to treat all forms of heart disease. It reduces the heart-damaging culprits of inflammation and mucus."

While its prevalent use in Ayurveda medicine is impressive, I wanted to see what recent scientific studies say.

## Science researchers studied the effects of Arjuna extract and here's what they found

Studies have found the Arjuna tree bark to have numerous beneficial effects, but there is one in particular I wanted to focus on. . .

And that is its ability to **reduce chronic inflammation in the arteries**, thereby reducing the size of plaque formations and the likelihood they might rupture.

The article from Harvard Medical School points out: *successfully targeting and dealing with cardiovascular inflammation is the missing link in treating heart disease.*

But then Harvard assumes that missing link treatment will be a new DRUG.

Since studies show that Arjuna successfully reduces cardiovascular inflammation, then Arjuna bark extract is the **missing NATURAL link in heart disease treatment.**

But how exactly does it reduce cardiovascular inflammation?

For this, we need to understand what's inside the bark.

Extract of the Arjuna tree bark contains a variety of flavonoids and polyphenols, which help to reduce inflammation that causes plaque formation in arteries.<sup>11</sup>

Research has shown that flavonoids have the ability to modulate and even inhibit the production of molecules that create cardiovascular inflammation.<sup>12</sup>

In addition, arjuna extract has been found to inhibit platelet formation. Platelets play a pivotal role in chronic inflammation leading to progression of atherosclerosis and acute coronary events.

Platelets are small cell fragments in our blood that form clots and stop or prevent bleeding. Now that is a good thing in parts of the body that have a wound.

But platelet formation in cardiovascular inflammation is different.

Once a plaque ruptures, platelets congregate at the site, starting the clotting process. <sup>13</sup>

The result is a clot of red blood cells, platelets, and other material—that completes the blockage and prevents blood from reaching your heart, causing a heart attack or catastrophic stroke. <sup>14</sup>

While there are a number of drugs like Plavix to inhibit platelets from accumulating, I like the fact that Arjuna does NOT lead to the kind of internal bleeding that can occur with Plavix or aspirin. <sup>15</sup>

That's why I find Arjuna's ability to reduce cardiovascular inflammation and inhibit platelet accumulation **without the side effects** so exciting.

Karta Purkh Singh Khalsa, President Emeritus of the American Herbalists Guild, tells the story of Mary, a cardiology patient who suffered from the side effects of her prescribed heart medication. <sup>16</sup>

The medication made her feel like she was "wearing a lead blanket" all the time and left her despondent.

Khalsa recommended she try Arjuna, as long as her cardiologist knew about it.

Arjuna eliminated the side effects and gave Mary a new lease on life. She was then able to work with her cardiologist to gradually reduce her medication.

In my research, I've come to think of the arteries of people over 50 as potential minefields of plaque formations. Any one of these plaque formations has the potential to become a tripwire and explode.

## **Essentially, by reducing cardiovascular inflammation, the Arjuna tree bark can defuse the Tripwire Artery**

For this alone, Arjuna extract is a wonderful discovery.

But I would be remiss not to note that in my research I've discovered additional benefits Arjuna provides to cardiac health.

For instance, another big benefit is improved blood circulation. It stands to reason:

As Arjuna helps reduce plaque and inflammation along artery walls, the flow of **blood** increases due to a decrease in vascular resistance.

How important is this increase in blood flow?

Consider that if the arteries and other blood vessels in a normal adult were laid out end to end, ***it would stretch close to 100,000 miles.***<sup>17</sup>

*That's around the world 4 times.*

When the blood flows freely throughout those thousands of miles of blood vessels, it is easily able to nourish cells throughout your body.

Remember that quote, about *you're only as old as your arteries*. Reducing plaque obstructions and increasing bold flow is like

### **turning the clock back in your arteries.**

That renewed flow of life force throughout your body is what puts the spring in your step on a beautiful day. Your muscles, tendons, your entire body works more smoothly. You're able to embrace life more fully and joyfully.

*You feel more alive.*

Arjuna's ability to prevent plaque ruptures as well as to reinvigorate your arteries, has been a wonderful discovery, but my research wasn't done.

I needed to see if there are Arjuna supplements on the market. And what do people who have purchased say about them?

I checked and saw there are a few Arjuna supplements out there, and I read what people said about them. Here's what I found.

One person confirmed my conclusion that Arjuna provides a natural alternative without side effects to traditional medications.

Tirzah Vaughn writes:

*" Love it  
I use this (Arjuna) instead of prescriptions. Works great for me w/o side effects. Was recommended by a herbalist.  
Couldn't take drugs because of the side effects."*

Arjuna has enabled people to cut back on prescribed heart medications. . .

Sarah G writes:

*"Since starting this (Arjuna) supplement, I've been able to cut back on HBP (high blood pressure) medicine. I highly recommend this to anyone who has HBP or is concerned about heart health. However, please check with your doctor before you decide to remove any prescribed medications. I did this with a doctor monitoring my results and was very successful."*

Many have experienced dramatically beneficial results with an Arjuna supplement,

Rachel says,

*"Amazing for Blood Pressure!  
I have been taking this (Arjuna supplement) for blood pressure and it is miraculous! I can tell when I take it and when I go without because when I go without, I can feel when*

*my blood pressure rises. However, if I have taken my arjuna bark, I do not notice BP spikes. And it is much faster to take effect than prescriptions; I notice a difference after only about two days (with or without)."*

## **The best reason to take Arjuna can't be measured**

While the reviews show the dramatic benefits in blood pressure and cholesterol, I know from my research, there is a benefit from Arjuna that is far beyond easily measurable criteria.

And that is the life-saving aspect.

You can't really measure it. But knowing the lethal consequences of plaque that accumulates in your arteries after 50, and that arjuna has the ability to diminish and defuse that plaque, that to me is the best reason of all to take it.

## **I wanted to find a better supplement**

I was happy to find that there are pretty good Arjuna supplements out there. But I wanted something better. If I'm going to take a natural supplement for my heart, I want it to be more comprehensive, to cover more bases.

Since I am a medical researcher and writer, I am familiar with many of the top people in the supplement field. One researcher I have a lot of respect for is Alex DePizzo.

For years, Alex has been a top researcher for Truegenics, a company that offers a number of highly effective natural supplements.

I recently heard that Truegenics started a new brand, called *Simple Promise*, that mainly focuses on helping people over 50. Something highly needed!

And I was thrilled to find out that Alex and *Simple Promise* have developed a new supplement for heart treatment that uses Arjuna as one of its main ingredients.

So I talked to them directly and found out the inside scope about this new supplement called

## **[HEART SUPPLEMENT]**

Knowing Alex and his company, I was not surprised that their supplement is the kind of comprehensive natural heart supplement with multiple benefits I have not seen on the market.

While Arjuna extract forms the core, it offers a suite of ingredients that enhance the effectiveness of arjuna.

So here is what [HEART SUPPLEMENT] offers in each capsule, in addition to 450 mg of Arjuna bark extract:

**Motherwort (125 mg)** is designed as a complementary remedy to improve heart function and blood circulation. Research shows that Motherwort herb extract could be a useful remedy to protect cardiac muscles from the effects of various diseases.<sup>18</sup>

**Hibiscus (100 mg)**

In any heart treatment preventative, keeping blood pressure at optimum levels is critical. Clinical trials have shown that hibiscus lowers blood pressure in prehypertensive and mildly hypertensive adults.<sup>19</sup>

**Folic acid (400 mcg)**

Researchers say a daily dose of folic acid could reduce a person's risk of heart disease and stroke by about 20%.<sup>20</sup>

### **Vitamin D (25 mcg)**

Vitamin D insufficiency is very common in the United States and worldwide. Several recent epidemiologic studies have demonstrated a strong association between vitamin D insufficiency and risk of CVD,

Recent research shows that taking a vitamin D pill can help to lower high blood pressure, which lowers the risk of heart attacks and stroke.<sup>21</sup>

### **Magnesium (105 mg)**

Magnesium deficiency has been linked to multiple cardiovascular diseases such as hypertension, cardiomyopathy, cardiac arrhythmia, atherosclerosis.

Adding magnesium to this supplement adds an extra measure of protection against cardiovascular disease<sup>22</sup>

[HEART SUPPLEMENT] is a truly comprehensive supplement with Arjuna extract at the heart of it.

I spoke to the people over at Simple Promise and let them know about my research and that I would be releasing my findings in both text and video.

They were happy to hear I'm getting the word out, and created a Special Offer I can make to people reading or watching.

You can now get a bottle of [HEART SUPPLEMENT] for only \$49.

## **A Promise from the Folks at *Simple Promise***

They also said to make sure to let my audience know that *Simple Promise* stand behind the quality of every bottle of [HEART SUPPLEMENT], and that you have a

### **1 year money back guarantee**

If for any reason you're not happy with your purchase, you get all your money back.

I recommend you take advantage of this deal while it's available.

When it comes down to it, I think there is even a bigger reason to try [HEART SUPPLEMENT] now, if you are over 50.

Listen, we are all mortal. One day it's over. But while you can, I believe you want to have as many healthy days as you can. We all have our reasons:

Maybe there's more you want to accomplish.

Maybe you're still building a legacy.

Or want to spend more time with your family.

Or just experience more sunshine, more ocean, read more books - whatever makes you happy.

Now you know how tripwires of plaque in your arteries can burst at any time, and how it all can end so abruptly. . .

And you also know there is a natural way to diminish and defuse these from going off to help prevent a heart attack or catastrophic stroke. . .

So you have more time to enjoy the one life you have.

This is the best reason to try this new life-changing supplement.

## **Frequently Asked Questions**

*What causes heart attacks and strokes?*

The cause of most heart attacks is buildup of plaque in the artery walls. These plaque formations are made up of cholesterol and fatty tissue, and other material.

The plaque formations can rupture either from inflammation or just from being unstable. When that happens, a blood clot forms that blocks the flow of essential blood through your artery and to your heart.

*What is so important about the "Missing link" article from Harvard Medical School?*

The article showed that research has proven that cardiovascular inflammation is the main culprit of plaque ruptures. So targeting this inflammation is the key to more effective heart treatment.

*How does Arjuna bark prevent inflammation?*

Arjuna extract contains flavonoids which reduce cardiovascular inflammation. In addition, it inhibits platelet accumulation helping to prevent fatal blood clotting in the arteries,

*Is Arjuna a natural treatment?*

Yes, it is. It's made by extracting the powder from the bark of the Arjuna tree.

*Does [HEART SUPPLEMENT] come in a powder or capsules?*

Capsules.

*What are the ingredients in [HEART SUPPLEMENT] capsules?*

Arjuna extract, Motherwort, Hibiscus, Folic Acid, Vitamin D, and Magnesium

*How much is a bottle of [HEART SUPPLEMENT]*

Right now, you can get one bottle for \$49, 3 for \$39 each, or 6 for \$31 each.

*Is [HEART SUPPLEMENT] guaranteed?*

Yes. [HEART SUPPLEMENT] is guaranteed for one year. If you are not satisfied you can get a full refund.

Take advantage of this special offer while it is available.

[BOTTLES AND PRICES GRAPHIC]

1 bottle for \$49, 3 bottles for \$39 each and 6 bottles for \$31 each.

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<sup>1</sup> <https://www.webmd.com/heart-disease/features/atherosclerosis-your-arteries-age-by-age>

<sup>2</sup> Ibid footnote 1

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<sup>3</sup> Ibid footnote 1

<sup>4</sup> Ibid footnote 1

<sup>5</sup> <https://www.aarp.org/health/healthy-living/info-2018/bob-harper-heart-attack-fd.html>

<sup>6</sup> <https://www.health.harvard.edu/heart-health/the-problem-with-plaque-even-lesser-amounts-are-still-risky>

<sup>7</sup> <https://www.health.harvard.edu/heart-health/targeting-inflammation-a-missing-link-in-heart-treatments>

<sup>8</sup> <https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/statin-side-effects/art-20046013>

<sup>9</sup> <https://www.webmd.com/drugs/2/drug-8814/metoprolol-succinate-oral/details>

<sup>10</sup> <https://onlinelibrary.wiley.com/doi/full/10.1111/bjh.14520>

<sup>11</sup> <https://www.aihbonline.com/article.asp?issn=2321-8568;year=2019;volume=9;issue=1;spage=98;epage=101;aulast=Priya>

<sup>12</sup> [https://link.springer.com/article/10.1007/s00011-009-0037-3?TB\\_iframe=true&error=cookies\\_not\\_supported&code=b3e8b748-e148-4741-86de-ebe8889a4f9c](https://link.springer.com/article/10.1007/s00011-009-0037-3?TB_iframe=true&error=cookies_not_supported&code=b3e8b748-e148-4741-86de-ebe8889a4f9c)

<sup>13</sup> <https://www.health.harvard.edu/heart-health/the-problem-with-plaque-even-lesser-amounts-are-still-risky>

<sup>14</sup> Ibid footnote 13

<sup>15</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3614150/>

<sup>16</sup> <https://www.motheearthliving.com/health-and-wellness/the-heart-of-the-hematter>

<sup>17</sup> <https://www.fi.edu/heart/blood-vessels>

<sup>18</sup> <https://pubmed.ncbi.nlm.nih.gov/24841965/>

<sup>19</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6621350/>

<sup>20</sup> <https://www.webmd.com/heart-disease/news/20021122/folic-acid-for-your-heart>

<sup>21</sup> <https://www.mdpi.com/1422-0067/19/2/455>

<sup>22</sup> <https://openheart.bmj.com/content/5/2/e000775>