CARDIOVASCULAR SYSTEM

LESSON 8



Self-Reliance in Health Course

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The cardiovascular system transports oxygen, nutrients, and hormones throughout the body, sends waste to the respiratory and urinary systems for removal, and regulates body temperature. This system is intertwined with the lymphatic system to filter and return blood, and the digestive system to provide nutrients delivered via the blood. This system includes the heart, blood, arteries, veins, and capillaries, which are the “river of life” to the body.

Blood

The blood is known as "the river of life", it contains red and white blood cells, platelets, and plasma. Red blood cells are the transporters, carrying oxygen and nutrients to each body system. White blood cells are part of the immune system to defend the body against pathogens. Platelets repair and stop damage to the system and plasma is the liquid component that contains nutrients, hormones, and waste. Not only does the blood carry oxygen and nutrients, but it also expels waste.

Blood Care

One of the problems with "leaky gut" is that toxins are leaked into the blood stream rather than being expelled through the proper elimination systems. The first step to healthy blood is making sure the gut is healthy and working properly. Next work on eliminating as many environmental toxins as possible and make sure the liver is strong and functioning so it can process and eliminate toxins. At that point it is time to work on purifying and cleansing the blood. Mystery illnesses can occur from the blood having too many toxins in it and disease can weaken the circulatory system as the blood is working overtime to get all the toxins out. When the cause of disease is difficult to pinpoint after nutrition, gut health, digestion, and liver function have been addressed, suspect blood toxicity.

- Foods that feed the blood; watermelon, onions, garlic, nuts, chickpeas, peanuts, salmon, cucumber, pumpkin, and other gourds
- Sea vegetables such as spirulina, kelp and nori
- Blood Purifying Blend (recipe)
- Blood Building Blend (recipe)
- Dr. Christopher’s Blood Stream formula

Alterative herbs "alter" the blood by cleansing and purifying. They aid the body in assimilating nutrients, eliminating waste, and restoring proper body function. They are best used as a daily tonic, over a long period of time to properly detox and purify, restoring health and vitality.

Alfalfa
Burdock
Cayenne (Capsicum family)
Cleavers
Dandelion

Elder
Garlic
Nettles
Plantain
Red clover
Red raspberry
Yarrow
Yellow dock

Blood Conditions

Anemia is a condition when the amount of oxygen carried by the blood is decreased due to either a reduction in red blood cells or hemoglobin in the blood. Without the proper amount of oxygen to deliver to cells around the body all activity will be slowed down resulting in weakness and fatigue, breathlessness, pale skin and lips, headaches, dizziness and a host of other symptoms and conditions. The most common cause is a lack of iron and other minerals which can result from blood loss, poor diet, and failure of the body to absorb minerals and nutrients. After addressing diet and gut health you can "feed" the blood with food and herbs.

- Blood Building Formula (recipe)
- Herbal Iron Formula (recipe)
- Dr. Christopher's Herbal Iron formula

Mineral rich herbs usually have deep roots that pull iron and other minerals from the earth. The plant processes the minerals so that the body can absorb them through the leaf or root. Synthetic supplements have a hard time being absorbed into the body and can even cause heavy metal build up. Other plants help build blood in the body and are filled with a variety of vitamins and minerals. All these herbs will help to build and nourish the blood.

Dandelion
Thyme
Alfalfa
Nettles
Raspberry leaf
Yellow dock root
Hawthorn
Mullein

Food Rich in Iron

Beet, carrot, and prune juice
Legumes
Pumpkin seeds, sesame seeds, hemp seeds and flaxseeds
Green leafy vegetables
Raw honey

Amaranth, oats, quinoa, and other grains
Blackstrap molasses

Heart and Arteries

The heart is what pumps the blood throughout the body and even generates its own electrical impulses. The arteries and veins are the "highway" system the blood flows through. These should all be kept clear and open for good flow.

Heart Care

- Diet (Lesson 1)
- Avoid smoking, alcohol, refined carbs, and sugars
- Exercise regularly
- Regularly focus on stress relieving activities – this is different for each person. Examples include gardening, hot relaxing bath, being in nature, hobbies you enjoy, etc. Find what works for you and every day take a little time to recharge.
- Get an adequate amount of rest each day
- Strive for healthy relationships with family, friends, and even animals
- Golden Goodness Mix (recipe)
- Heart Happy Sprinkle (recipe)
- Heart Health daily supplement (recipe)

Heart Happy Herbs

Hawthorn
Turmeric
Cayenne pepper
Rosemary
Cinnamon
Garlic
Motherwort
Olive leaf
Guggul

Healing Foods

Vegetables
Fiber
Limited animal protein
Antioxidant rich foods
Garlic and onions
Tomatoes
Berries
Whole grains
Avocado

Brassicas family; broccoli, kale, cabbage
Cocoa beans

Heart Conditions

Any issues dealing with the heart should definitely be dealt with under the direction of a competent health care provider, but since part of this course is about what we can do if we do not have ready access to healthcare, I will give a few suggestions for emergency care while waiting for help.

Heart Attack happens when the supply of blood to the heart is reduced or cut off, oxygen can no longer get to the heart and if not restored within minutes the heart begins to die. Restrictions can be caused by fatty plaque deposits in the arteries (mainly formed by the diet), a piece of tissue or air lodged in the artery, or a blood clot in the artery. Symptoms include shortness of breath, chest pain, squeezing or pressure, discomfort or pain in the shoulders, arms, back or neck, dizziness, nausea, and sweating. Get help as soon as possible and while waiting:

- Drink 1 tsp powdered cayenne in a glass of warm water or 2 dropperfuls of cayenne tincture under the tongue.
- If person is unconscious, put the cayenne tincture under the tongue a few drops at a time, until help arrives.
- Use this same protocol for a stroke and hypothermia.
- Dr. Christopher used this protocol time and again with patients and it always brought them out of a heart attack.

Hypotensive herbs have the effect of lowering elevated blood pressure.

Hawthorn
Motherwort
Crampbark
Black cohosh
Gumweed
Nettle
Valerian
Linden
Passionflower

Hypolipidemics are herbs that are able to decrease the level of cholesterol in the blood.

Hawthorn
Artichoke
Eleuthero
Reishi mushroom

Turmeric
Garlic
Ashwagandha
Triphala

The Emotional Heart

There are many studies now that support emotions having profound impact on the physical body, both positive and negative. Just as the heart pumps life giving blood throughout the body, it is also a sensory organ communicating information about the emotional state to the rest of the body. Just as positive thoughts and emotions can strengthen the immune system (or depress them), they can also impact the heart and cardiovascular system. Have you ever heard of a person dying of a "broken heart"? It is an actual condition called stress cardiomyopathy, caused by intense emotional stress that leads to cardiac dysfunction and even death. Emotions truly are powerful, and are discussed deeper in Lesson 10.

Emotional Heart Care

Many of the herbs and foods that are good for the physical heart can also aid and heal the emotional heart. Hawthorn for example is known as the heart herb. Along with building and nourishing the heart and cardiovascular system, it is also a wonderful remedy for grief and sadness as it can uplift the spirits. Linden blossoms are used for rest, relaxation and lifting the mood but they can also be used as a remedy for the physical heart as a tonic to nourish and feed it. Here are some other lifestyle choices that can build, strengthen, and nourish the physical heart.

- Develop meaningful relationships with family and friends
- Meaningful acts of service that foster a sense of community and bonding
- Having animal companions or even plants to care for
- Spending time in nature
- Take time each day to breathe deeply
- Allow yourself to feel an emotion but then let it go. Replace the negative emotion you let go with a positive one, such as sadness for joy or anger for forgiveness, etc.
- Avoid a constant reliance on news, media, politics, social media, etc. These generally foster feelings of negativity and keep you from using your time to do the suggestions above.
- Experience and focus on gratitude, joy, contentment, love, forgiveness and all positive feelings. Keeping a gratitude journal or what I like to a call a pleasure book can help.
- Journal your feelings. Take them to the Lord for comfort, guidance or understanding and journal the response you feel in your heart.
- Hand over anything that you have no control of over Jesus Christ, Your Savior. I like to have a visual of putting all these uncontrollables, including negative emotions and feelings, into a basket and handing that to the Savior. It is through His

atonement that He has suffered all these things for each of us and knows how to succor us and bring comfort and peace as we reach out in faith.

Herbs for emotional heart care are best inhaled as you make and drink a tea during a relaxing time period, such as before bed or in the morning. They can also be used as hydrosols that can be incorporated into beauty care or just spritzed over your body while inhaling. In reality though I generally take them in the form of a glycerite for ease of use.

Hawthorn
Linden
Lavender
Rose
Tulsi
Anise hyssop
Mimosa blossoms
Vanilla
Heart Ease Tea Blend
Herbal Grief Tea (from The Herbal Academy)

Resources

The Herbal Academy Intermediate Course www.theherbalacademy.com
Prescription for Nutritional Healing by Phyllis Balch
Memmler's The Human Body in Health and Disease by Barbara Janson Cohen
Feelings Buried Alive Never Die by Karol Truman
A Better Way to Think by Norman Wright
The Emotion Code by Bradley Nelson

Lesson 8 Formulas & Recipes

BLOOD PURIFYING BLEND

5 parts red clover
2 parts red raspberry leaf
2 parts alfalfa (replace with nettle leaf if you are on blood thinner medication)

Typical dosage is 2 droppers for tincture, 2 capsules or 3 cups of tea, 3 times a day until symptoms subside and/or you start to feel better.

BLOOD BUILDING BLEND

1 part dandelion root powder
1 part kelp powder
1 part wheat grass powder
1 part barley grass powder
½ part spirulina powder

This blend also works great as a daily vitamin supplement to keep an already healthy body at its best.

Mix together the herbs and then use them in powder form to add in smoothies or to make into a green drink. You can also make this blend into herbal capsules, a tincture, or glycerite. For capsules I have found that 2 capsules with each meal is a good place to start and then depending on your body you can add more if needed.

HERBAL IRON

Equal parts of the following herbs:

- raspberry leaf
- nettle
- dandelion leaf
- alfalfa
- yellow dock root

This blend can be made into a tea (sip on a quart each day), tincture or capsules.
Iron Infusion

Herbal Iron #2

This formula comes from Shoshanna Easling in her book, *Making Babies*. A pregnant woman will double the amount of blood her body produces to care for both her and her growing baby so extra iron is always a need. This tea is to give the body a good iron boost throughout the day.

- 2 ½ cups nettle
- 1 cup rose hips
- 1 cup dandelion leaf
- 1 cup fennel
- 8 cups hot water

Place all the herbs in a glass jar and cover with hot water. Cover and let sit overnight. Strain out herbs and sip throughout the day. You could also make a tincture out of this blend.

HEART HEALTH BLEND

4 parts hawthorn berry powder
2 parts turmeric root powder
2 parts alfalfa leaf or nettles
1 part cayenne powder
1 part garlic powder

Mix the herbs together and make into capsules or a tincture. Regular dosage is two capsules or two droppers with each meal for a total of six capsules a day.

These are all building “food” herbs, so it can be taken every day as a supplement.

I made this formula for my husband to take daily since he has a family history of heart disease. I also prepared it for my grandfather who was told his arteries were clogged with plaque and because of his health and age there was nothing that could be done. He was sent home to die. He took these faithfully for a couple more years before he finally did pass away. A note about grandpa, he was not willing to give up his goodies and fast food and was also dealing with diabetes on top of the heart condition. Remember that nutrition is the foundation of a healthy body, along with the will of the Lord

HEART HAPPY SPRINKLE

2 parts hawthorn berry powder
1 part cinnamon powder
½ part ginger powder
⅛ part cardamom powder

Put all the powders in a spice jar and shake up. Use to sprinkle over hot cereal, toast, smoothies, and fruit salads. You could also make an herbal honey with this blend or sprinkle into other herbal teas.

HEART EASE TEA

This tea blend starts calming and relaxing the moment you inhale it, before even making a cup of tea. The herbs in this blend all have an affinity for the heart and work on a physical and emotional level. It can be used for insomnia and sleeplessness, to calm the nerves, relieve anxiety and stress, uplift the mood and help when suffering with grief. On a physical level it can reduce blood pressure and protect the heart.

Equal parts:

- Rose petals
- Hawthorn blossoms and leaves (could also use the berry)
- Chamomile
- Lemon balm
- Lindon blossoms/bracts

HERBAL GRIEF TEA

6 parts motherwort
4 parts rose petals
2 parts each of hawthorn berry, linden, and violet
1 part each of cardamom and cinnamon bark

Combine herbs and mix well. Store in a labeled glass jar.

To use, add 2 tsp of herbal grief tea mix to 8 oz of just-boiled water. Steep 10 minutes before straining and composting herbs.
Sweeten as desired, drink, and enjoy 2-3 cups a day!
https://theherbalacademy.com/herbal-grief-tea/