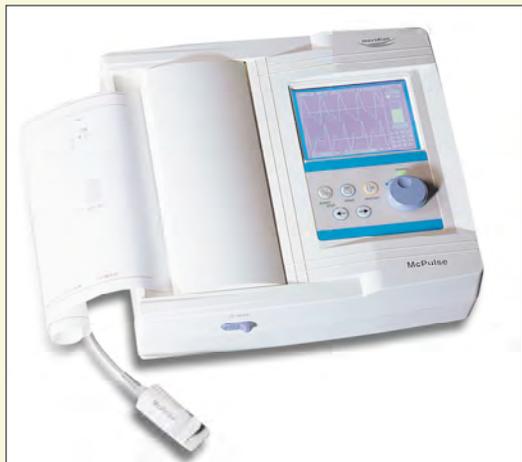


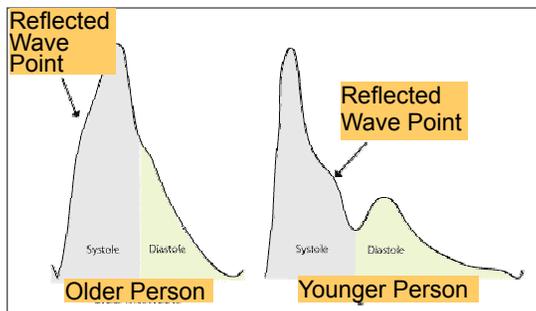
HOW HARD ARE YOUR ARTERIES?

DPA is an information tool only. A complete diagnosis must be given by a qualified health professional.



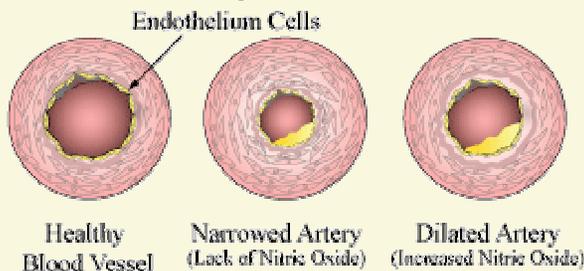
DIGITAL PULSE WAVE ANALYSIS (DPA)

The biological age of your arteries is considered to be directly proportional to their elasticity. The walls of your arteries are muscular. When the heart sends blood into your arteries they expand and then elastically contract to squeeze the blood back to heart. This results in a wave form which can be measured. DPA is non invasive. A device placed over the end of your finger counts the red blood cells entering and leaving the small arteries beneath your finger nail. The wave form recorded is an accurate indicator of the overall stiffness or hardening of your arteries.



REVERSE HARDENING OF THE ARTERIES

Nitric Oxide is the key to reversing hardening of the arteries.*



Nitric Oxide is released in the Endothelial cells and keeps them healthy.

WHAT THE EXPERTS ADVISE

NITRIC OXIDE IS GREATLY INFLUENCED BY NUTRITION ESPECIALLY THE DAILY INTAKE OF:

- L-arginine 5 grams/day
- broad spectrum antioxidants
- phytosterols (plant hormones)
- vitamins and minerals
- omega 3/6/9
- daily exercise

SUGGESTED READING

The Cardiovascular Cure *

by Dr John P Cooke Asst. Prof. of Vascular Medicine, Stanford

Say NO to Heart Disease *

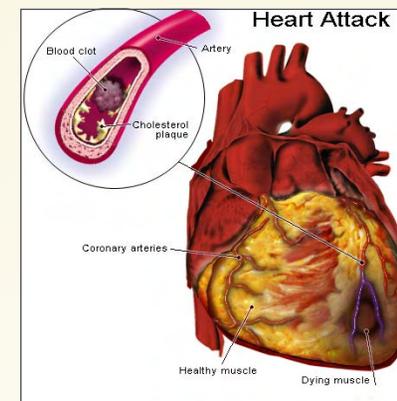
by Dr L Ignarro, Nobel Prize winner in Medicine 1998

DPA TESTING AND NUTRITIONAL ADVICE IS AVAILABLE FROM:

**Dr Mark Metus 705 443 8777
10126 Hwy 26 Collingwood Ontario Can**

CARDIOVASCULAR HEALTH

More than 1 million North Americans have heart attacks each year. For 50% of them, death is the first symptom!



“Changes in function and structure of the arterial wall precede the development of obstructive coronary artery disease, and are an early indication of the hypersensitive disease process.”

Compliance and Cardiovascular Disease: A Risk Factor or a Marker?” American Journal of Hypertension, 10 (10): 1175-1189, Oct. 1997.

EPIDEMIC?

Hardening of the arteries used to be related to aging. New evidence has shown that 60% of children aged 5-10 have at least one of the risk factors for heart disease. Autopsies done on 18-19 year old soldiers who died in Vietnam showed that some of them had arteries equivalent to 70 year old men in the late stages of cardiovascular disease. The insidious stiffening of arteries has become the silent killer vying with Cancer to be the top cause of death of men and women in North America. Worldwide it is estimated to kill 12 million people each year.

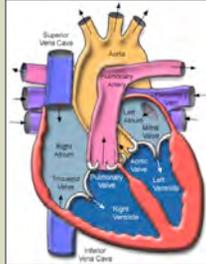
HEART FACTS

● It beats 100,000 times per day; 2.5 billion times in a life time.

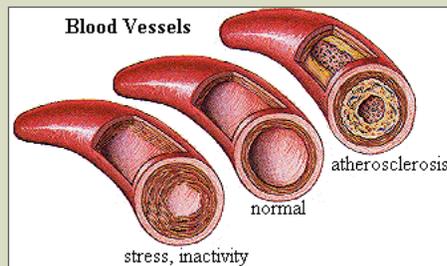
● It pumps 5-6 quarts of blood per minute- 2000 gallons per day.

● Each second it squeezes 3 ounces of freshly oxygen rich blood into your aorta for distribution to the rest of your body.

● The vast system of blood vessels taking blood to and from tissues and organs is over 100,000 miles long.



HEART DISEASE



Athero-sclerosis = paste+hardening

That is what happens to the wall of our arteries. As a result they become clogged restricting the blood flow to and from the heart. **As a result, blood pressure rises!**

Coronary Artery Disease

Symptoms from the blockage of the arteries that serve the heart.

- Angina - chest and/or arm pain
- Shortness of breath
- Palpitations
- Increased heart rate



STROKE FACTS

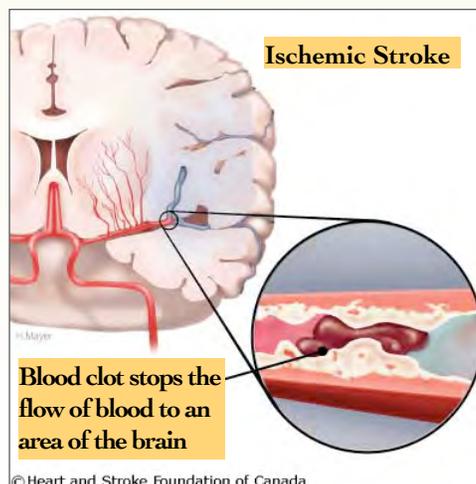
● Every 53 seconds someone has a stroke and there is a death by stroke every 3 minutes.

● "About 80% of strokes are ischemic, which means they are caused by the interruption of blood flow to the brain due to a blood clot. The build-up of plaque (fatty materials, calcium and scar tissue) is involved in most ischemic strokes – narrowing the arteries that supply blood to the brain, interfering with, or blocking the flow of blood. This "narrowing" is called atherosclerosis. An ischemic stroke is either "thrombotic" or "embolic."

● Thrombotic strokes are caused by a blood clot that forms in an artery directly leading to the brain.

● Embolic strokes occur when a clot develops somewhere else in the body and travels through the blood stream to the brain.

● Transient Ischemic Attack (TIA) – which is also known as a "mini-stroke" – is caused by a temporary interruption of blood flow to the brain. The symptoms (warning signs) are similar to an ischemic stroke except they go away within a few minutes or hours. Many people can have a TIA without even knowing it. A TIA is an important warning sign that puts you at increased risk of a full-blown stroke." The Heart and Stroke Foundation of Canada



BLOOD PRESSURE FACTS

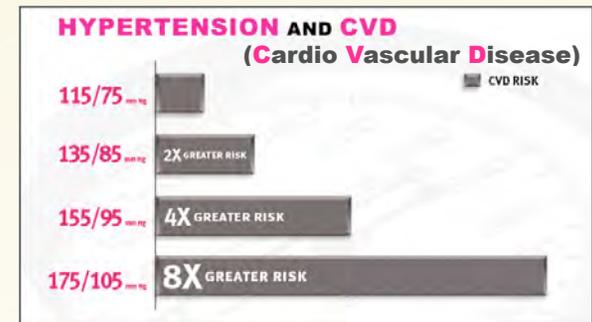
● High BP also known as hypertension is the number one risk factor for stroke and heart disease.

● 1 in 5 Canadians have high blood pressure and 42% don't know they have it.

● 450,000 Americans die every year from conditions related to high blood pressure.

Hypertension increases your risk of:

- Heart attack by 3 times
- Heart failure by 4 times
- Stroke by 7 times



Get your blood pressure in check

- Have your blood pressure checked regularly.
- If you have been told you have high-normal blood pressure, Canadian guidelines recommend that you have your blood pressure checked at least once a year. High normal ranges between 130/85 and 139/89.
- Eat a balanced diet, be physically active and smoke-free, and reduce your salt and alcohol intake.
- Even a modest reduction in weight – as little as 10% - can dramatically decrease your chances of having a stroke or heart attack.
- Set aside some time every day to relax.
- Limit your alcohol intake to 1-2 drinks per day to a weekly maximum of 9 for women and 14 for men

The Heart and Stroke Foundation