

## Functional Medicines' Point of View:

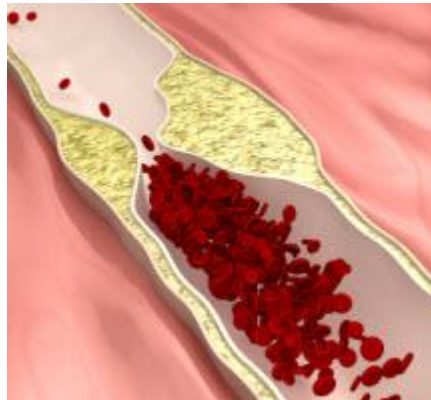
### A Simple and Effective Step to Reduce Heart Plaque and Reduce Your Risk of a Heart Attack

By Dr. Michael John Badanek, BS, DC, CNS, CTPP, DACBN, DCBCN, MSGR./CHEV

it is a well know fact that the number one cause of death in the United States is heart disease.

Many people are unaware that half the people who have had a sudden heart attack and death never had any conventional risk factors like high cholesterol. They didn't even know they were at risk.

That's why it's so important to take advantage of the ultrafast heartscan which can show in 10 minutes the amount of calcification in your coronary arteries, called the **coronary calcium score**.



Calcification in Arteries

One of the most common invasive heart imaging procedures, called **coronary angiogram or cardiac catheterization (cath)**, is the standard method for diagnosing coronary artery disease, however, for this hospital test you must sign that you know you can die from the dye injection. With the ultrafast heartscan there's nothing injected into you, the radiation is less, the cost is many times **less than \$200.00** and therefore very affordable, and you don't need a prescription.



HeartScan

When you have a heart scan, you are given an overall number called the **Calcium Score, or Agatston Score**, which **represents the total amount of plaque in your coronary arteries.** The number can range from 0 to 1,000 or more. The higher your number, the more plaque you have in your arteries and the greater your risk.

#### Relative Amount of Plaque

0–10 Minimal  
11–100 Moderate  
101–400 Increased  
401+ Extensive

If your score is **more than 400**, for example, you have an **increased likelihood of developing symptomatic heart disease — angina, heart attack, or even sudden death — in the next 2 to 5 years.** If your score is **more than 1,000**, you have a **25 percent chance of having a heart attack within a year without intervention.**

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--Dr. Grisanti

Once you know the coronary artery calcium score you need to know that calcification generally increases **10-20% each year.** This means that if you start out with a low poor score your chance of having a heart attack within the next 5 to 10 years is very likely.

**So how can you reduce that chance?**

The most effective and most comprehensive test is the **Cardio/ ION**. (<https://www.gdx.net/product/cardio-ion-health-profile-nutritional-test-blood-urine>) This cutting edge test will help you find out what deficiencies and toxicities you have and outline a plan to begin turning this condition around

### **What Can You Do to Reduce Your Calcium Score?**

What if I told you that there is something so simple and well documented to reduce your calcium score and cut your chances of a heart attack four-fold.

Well there is and it is called **Kyolic Liquid (Aged Garlic)**. **This one product has been thoroughly studied and has been shown to** lower the bad cholesterol, lowers blood pressure, decreases the chance of clotting, lowers homocysteine, lowers cell-damaging lipid peroxidation, etc.

In addition it lowers the LP(a) (damaging lipoprotein), raises the good HDL cholesterol, improves vessel flow and function, and much more. And don't forget it has no side effects,

It is important to know that there is **no other garlic compound that is comparable to this one**. It is highly unique and clearly the most studied one on the planet.



A cardiologist at UCLA did a double-blind study on 65 patients between 51 and 69 years of age with positive coronary artery calcium scores. He gave them the equivalent of two squirts twice a day of Kyolic Liquid.

The results?

The coronary artery calcifications progressed on average 26.5 % in the folks **without Kyolic Liquid and only 6.8% in those using Kyolic.**

**Without Kyolic Liquid they quadrupled their calcification of the heart arteries.**

**Dr. Badanek has been and currently is 38 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and [www.alternativewholistic.com](http://www.alternativewholistic.com), and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151**