

# CARDIOVASCULAR DISEASE



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## Coherence 123



# Cardiovascular Disease & Coherence 123

I want to give you some tips to help support you and talk about treatments and healing cardiovascular disease.

It's such an epidemic. I'm sure you know it's the number one killer in the world today. It has even surpassed cancer and is a very serious illness.



# Integrative Medical Doctor

I strongly recommend that you find an integrative medical doctor.

That's a doctor who is a medical doctor, using western medicine in diagnosing and doing all the testing, then the tendency is to look for treatments that are alternative, including diet, exercise and supplements.

If you can't find an integrative MD to work with, find a doctor or a naturopath to get all the testing done to make sure your heart disease is being treated properly.



## Exercise

Exercise is really important. Sprinting is good. If you have blockages in your cardiovascular system you want to go really slow.

## Sprinting

3 x 30 second sprints is optimal, 3 times a week to strengthen the heart and lungs. You don't want to start off doing this. Start by doing 3 seconds and work-up slowly over a period of weeks and months. You can build up even with cardiovascular disease. It will strengthen you and improve the circulation of the blood in and out of the heart, which is what you want.



## Find An Alternative Therapist

It can really help to get an alternative therapist to work on some of the emotional issues that have been stuck in your body. There can be emotional or psychological causes. Many times heart disease has a psychological cause, it's psychosomatic.

There can be stress, PTSD, emotional trauma from the past, fear, anger and any negative emotion. If there's someone in your environment who's been invalidating you in some way, in the workplace or at home, it can dramatically increase heart disease. So don't overlook the psychological causes and stress because it is really important.



## Meditation

Meditation is a huge factor to calm your body too.

## Supplements

Take organic Omega 3 fish oils. Take good quality vitamin C. Take niacin if you can tolerate the flushing of your skin. You can take up to 1500 milligrams, which is 500 milligrams 3 times a day. It really opens up and you will see a massive difference in naturally treating heart disease and cardiovascular disease. Bicarbonate of soda is good. Take one teaspoon twice a day in water to alkalise your body.



## Diet

Don't eat fried foods. Avoid sugar, alcohol and gluten. I know it sounds boring, but your life is too precious to be dealing with heart disease. It is very debilitating and you don't need that.

## Coherence 123

We also recommend learning Coherence 123. You can access this at Global Healing Exchange. It really stimulates the circulation of the blood flow throughout the body. You can use the EFT (tapping) and Psych K, which is psychology kinesiology integrating left and right hemispheres of the body and the brain.



Also 9 positions that help relief trauma or some difficulties that may have come into your life.

The Simontons who wrote a book called getting well again, have shown that a lot of chronic illnesses are preceded 6 to 12 months prior by a big crisis. So you can look at that crisis as an emotional problem and get treatment for it.

I hope this helps you. Good luck in healing this. I wish you all the best keep that heart strong happy and healthy.

**This Ebook is a collaboration between  
Robert Kirby from Robert Kirby.com  
& Global Healing Exchange**

