

A heart attack occurs when a blood clot forms in an artery in the heart and blocks the blood supply to the heart muscle. The part of the heart deprived of blood then becomes damaged.

Risk Factors for a Heart Attack

High blood pressure, cholesterol & homocysteine levels

Over the age of 55

Diabetes (can increase risk two to seven times)

High blood homocysteine levels

Being physically inactive and overweight, poor dental hygiene

Chronic Stress and/or poor social supports in your life

Symptoms

Lingering pain or tight feeling in the chest

Shortness of breath, nausea, vomiting, or sweating

Fainting

Increasing episodes of angina (short episodes of chest pain)

Prevention

Quit smoking, lose weight

Get regular physical activity

Lower high blood pressure

Kripps Protocol

Kripps **Resveratrol**

1 capsule 3 times a day

Kripps **Fishol E.C.**

2 capsules 3 times a day

Kripps **Idebenone**

1 capsule 3 times a day

Kripps **Vitamin C 1000 mg S.R.**

2 times a day

Kripps **Vitamin D3 1000 I.U.**

3 times a day

Kripps **Carnosine E.C.**

1 capsule 3 times a day

Kripps **Lipoic Acid S.R.**

1 capsule 3 times a day

Sublingual B12 1 capsule daily