

Heart disease is the No. 1 killer of Americans, affecting nearly 50% of men and nearly as many women. Many who die of sudden heart attack didn't even know they were at risk. Learn the Untold Truth and protect yourself from cardiac arrest or debilitating disease.



ARE YOU AT RISK FOR HEART DISEASE?

Find out with our cardiac health survey: Which of these characteristics, conditions, or lifestyle issues describe you? (Check boxes)

- | | | | |
|--|--------------------------|--|--------------------------|
| 1. Baldness | <input type="checkbox"/> | 10. Family history of heart disease | <input type="checkbox"/> |
| 2. Earlobe creases | <input type="checkbox"/> | 11. Overweight, particularly in the abdominal area | <input type="checkbox"/> |
| 3. Thyroid dysfunction | <input type="checkbox"/> | 12. High cholesterol (180-230 mg, total cholesterol) | <input type="checkbox"/> |
| 4. Gum disease | <input type="checkbox"/> | 13. Hypertension (blood pressure above 140/99 mm/Hg) | <input type="checkbox"/> |
| 5. Smoking | <input type="checkbox"/> | 14. Age of 40+ | <input type="checkbox"/> |
| 6. Sedentary lifestyle | <input type="checkbox"/> | | |
| 7. High stress | <input type="checkbox"/> | | |
| 8. High red meat consumption (more than two times per week) | <input type="checkbox"/> | | |
| 9. Diet rich in processed carbohydrates (refined flour, white sugar) | <input type="checkbox"/> | | |

The above are 14 of the most common risk factors for heart disease, but there are more than 250 documented risk factors—and you are at risk with even one characteristic on this list. However, if you have three or more factors, you are at serious risk of heart attack and you must take action to protect your cardiac health. Many of the traditional risk factors, like those listed above, are now being overshadowed by a new list of culprits called cytokines that cause arterial damage and inflammation. Cytokines are produced in the body as a reaction to poor diet and other lifestyle problems. You can't protect yourself without learning about cytokines and their role in developing heart disease. Learn more now!

For more information on this topic, please contact the person who sent this information to you. To order more detailed information, go to www.naturestools.com, or dial 1-888-225-6601.