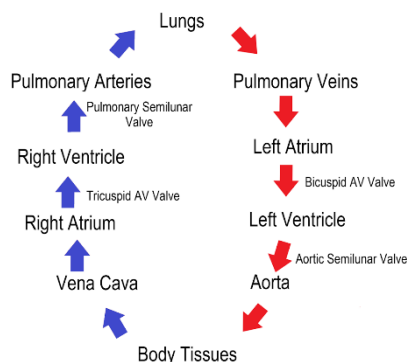
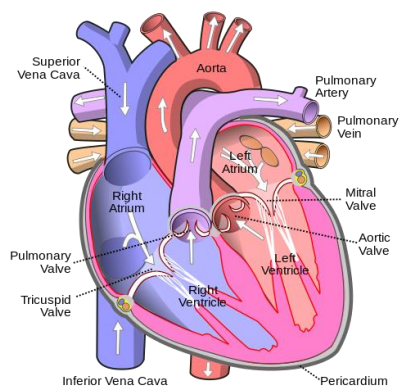


HRT

December 11, 2023

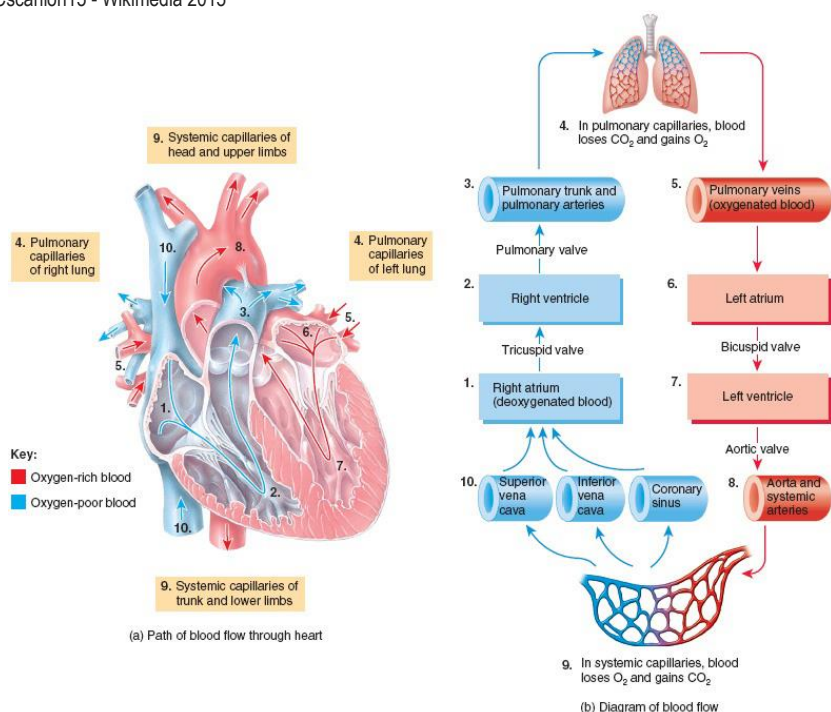
1. Your heart and blood vessels are an important organ system that plays a vital role in your health. First of all, what are the main functions of your circulatory system and how does HRT help to keep it healthy?

- Circulatory System Functions Rely on the Heart's Rhythmic Electrical Pumping Action:
 - Heart pumps and propels blood, aided by the blood vessels' tiny valves' contractions, to continue in the same direction throughout the entire body.
 - Continuously delivers oxygen-rich blood and nutrients to the trillions of cells in the body to ensure their thriving.
 - Blood moves from arteries (oxygenated via the lungs) to capillaries for oxygen exchange, then pulsed to the veins, then back to the lungs for more oxygen.
 - Moves hormones throughout the blood system that regulate energy, growth, and repair.
 - Moves cellular wastes and toxins out of the body via the eliminative organs.
 - The heart can control its rhythm, heart rate, and blood pressure in response to various stimuli: nerve reactions, hormonal regulating processes, and other stimuli such as exercise and stress.



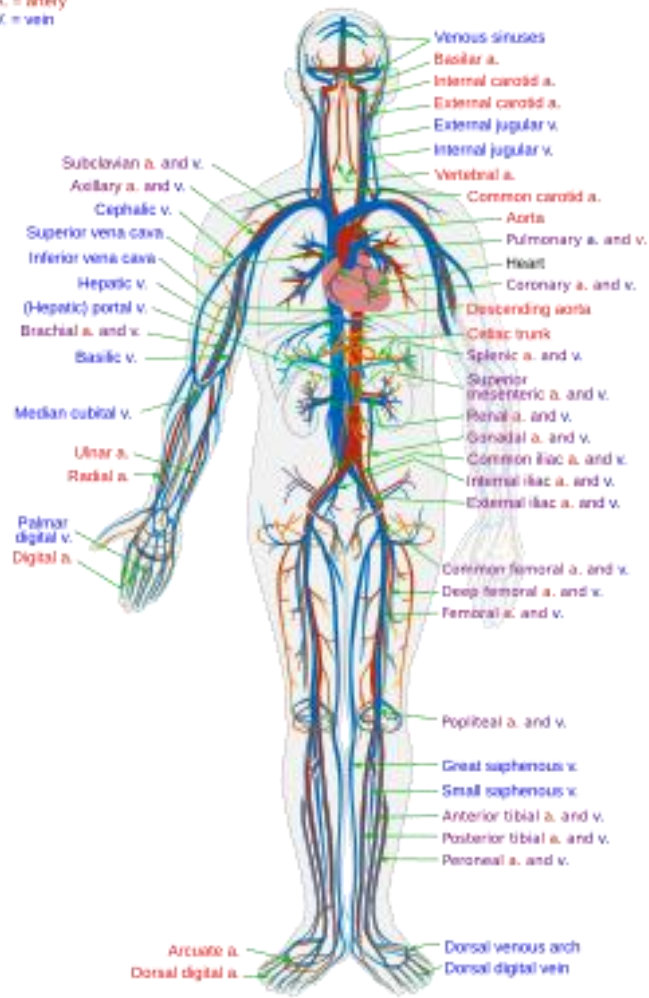
- The botanicals in HRT contain the nutrient factors that help maintain heart tissues and their cellular functions.
- They also help maintain the structure, pliancy and strength of blood vessel, vein, and capillary wall structures.
- They also help maintain the proper contractile function of the heart and improved exercise workload and lung capacity.

Cscanlon15 - Wikimedia 2015

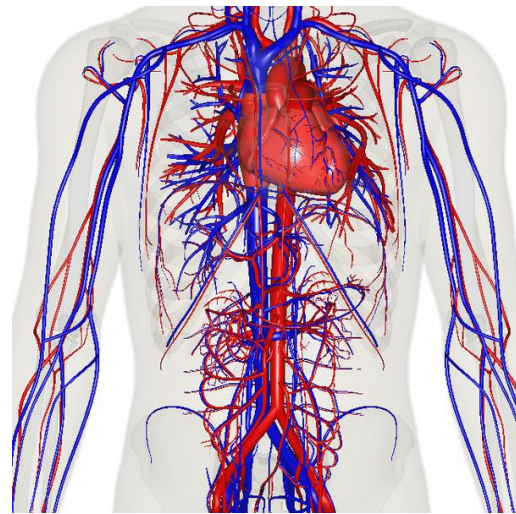


Cardiovascular System

A. = artery
V. = vein



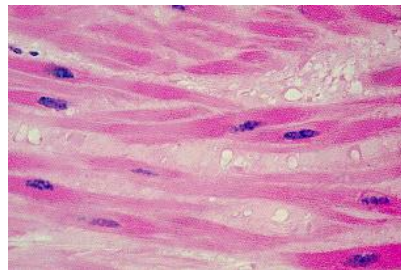
Wikipedia 2023



Wikipedia 2021

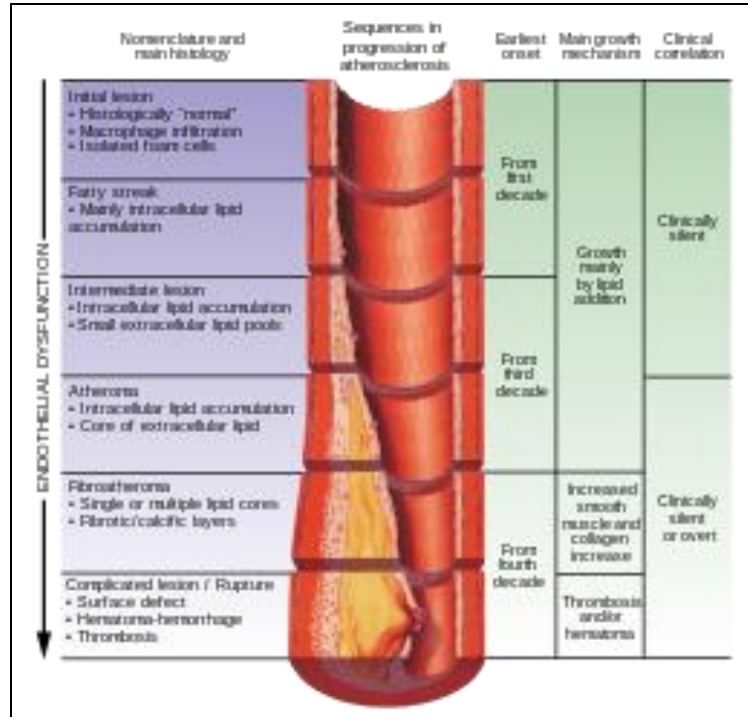
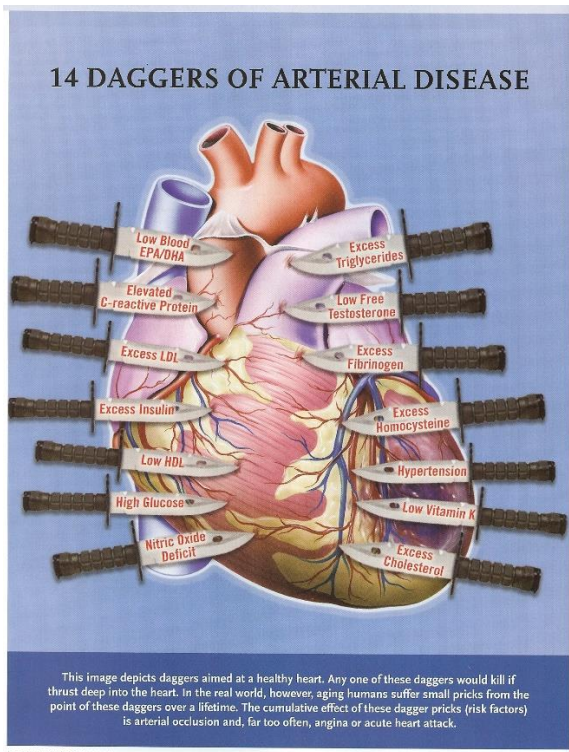


Blood Cells Circulating in Blood Vessels



Heart Smooth Muscle and Cells

Heart Disease



2. How does HRT help with blood related symptoms and levels?

- Phytochemical plant compounds in HRT's botanicals have been shown to:
 - Improve cholesterol ratios of reduced LDLs and Increased HDLs.
 - Improve fatigue and breathing problems related to reduced circulation, poor oxygenation and nutrient delivery to the body's tissues and cells.
 - Help reduce inflammatory proteins that damage blood vessels.
 - Neutralize synthetic toxins in the circulatory system and help eliminate them out of the body via the five eliminative organ systems: lungs, lymph vessels and nodes, kidneys, bowel, and the skin.



Plaque Build-up in the Arteries

3. Heart disease is on the rise. How does nutrition correlate with these factors and how could the botanical benefits of HRT help?

- Dietary nutrient deficiencies and missing critical phytochemicals in plant foods leave the heart and other body systems vulnerable to the degenerative disease process:
 - Omega 3 fatty acids dietary deficiencies.
 - Trans fats:
 - Altered plant fats known to become “plasticized” and form hardened plaques that obstruct blood flow in the blood vessels and capillaries.
 - Hydrogenated fats (margarine, shortening)
 - Heated oils (frying, sauteing, general cooking with oils, using oils in baked foods).
 - Missing dietary enzymes from raw fresh, unaltered plant foods.
 - Essential active vitamin complexes.
 - Essential active mineral complexes with negatively charged particles at the sub-molecular, subatomic level.
 - Critical cleansing, detoxifying, **DNA repairing**, anti-inflammatory **plant phytochemicals**.
 - Inadequate intake of viable whole raw foods: enzyme-active plant metabolisms, energy-active plant materials and their plant cell components (cells absorbing and holding their stored light energy frequencies).
- Deficiencies in biophoton-active plant foods:
 - Raw food plant cells are biophoton active as a result of the interaction with the sun during a plant’s growth and development.
 - Absorbed light energy provides the power for plant cells to be electrically charged and enzyme-active to carry out all cellular processes that perpetuate living beings.
 - Photosynthesis in reaction to sunlight results in the formation of carbohydrates and fatty acids in plants.

“Photons (Light) control everything in the cell Photons switch on the body's processes like an orchestra conductor bringing each individual instrument into the collective sound. At different frequencies, they perform different functions. Popp found that molecules in the cells responded to certain frequencies, and that a range of vibrations from the photons caused a variety of frequencies in other molecules of the body.”

“Photorepair It is well known from biological laboratory experiments that if you blast a cell with UV light so that 99 per cent of the cell, including its DNA, is destroyed, you can almost entirely repair the damage in a single day just by illuminating the cell with the same wavelength at a much weaker intensity. To this day, scientists don't understand this phenomenon, called photorepair, but no one has disputed it.”

https://scholar.google.bg/citations?view_op=list_works&hl=bq&hl=bq&user=f-aZpQAAAAJ
https://www.esalq.usp.br/lepse/imgs/conteudo_thumb/Are-humans-really-beings-of-light.pdf

- DNA repair is light-driven (Nina-Eleni Christou *et al.*, 2023).
- The APLGO drops are the only supplement in the world which technology retains enzymes, active electrolytes and their movement of electrons (negatively charged ions), and therefore DNA-repairing light energy.

Reference:

Time-resolved crystallography captures light-driven DNA repair. *Science* 382, 1015-1020 (2023). DOI: 10.1126/science.adj4270.
<https://www.science.org/doi/10.1126/science.adj4270#bibliography>

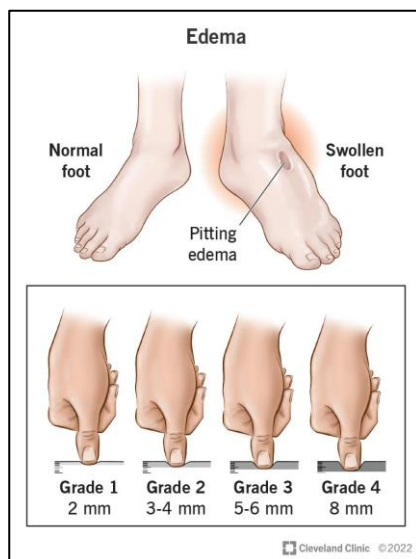
Zhang C, Wu Y, Su Y, Xing D, Dai Y, Wu Y, Fang L. A Plant's Electrical Parameters Indicate Its Physiological State: A Study of Intracellular Water Metabolism. *Plants (Basel)*. 2020 Sep 23;9(10):1256. doi: 10.3390/plants9101256. PMID: 32977716; PMCID: PMC7598578.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7598578/>

4. Do the ingredients in HRT support restoration of the heart muscle? And help with the natural rhythm of the heart?

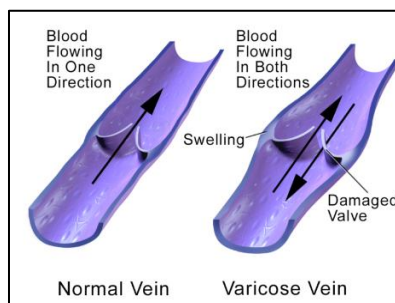
- Yes. See the chart below for details about just how well each botanical ingredient is known to improve heart contractions and protect the heart's structure.

5. Do the ingredients of HRT support the integrity of blood vessels for better circulation? Also improving the systolic and diastolic numbers and the potential to lower blood pressure?

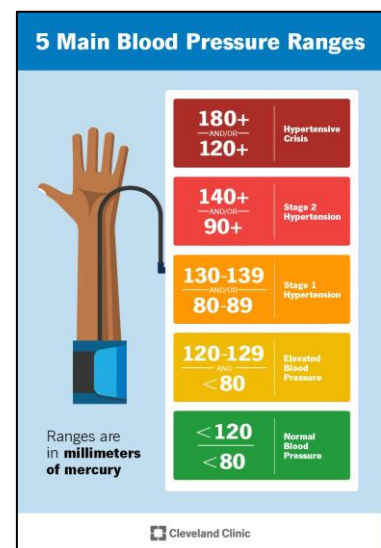
- The large array of plant phytochemicals in HRT's botanicals have been shown extensively to improve the structure and function of the blood vessels and circulate critical nutrients throughout the system to reach every single cell in the body.
- The many plant phytochemicals in HRT have been shown to improve the rhythm and strength of the heart's contractions, and improve the structural integrity of the cells and tissues of the heart.
- The heart and kidneys work together to maintain proper blood pressure.
 - The heart contractions are what drive the force or pressure of the blood through the circulatory system.
 - The kidneys depend on that force to move fluids and solutes through their filtration systems smoothly.
 - This involves maintaining clean blood vessels to keep essential nutrients flowing to nourish every cell involved for their proper functioning.
 - Adequate dietary protein containing all nine essential amino acids also determine one's blood pressure since protein deficiencies can result in excess and improper water retention in interstitial spaces between cells of body tissues.
 - Weakened valves in the veins (indications of nutrient and dietary enzyme deficiencies, being sedentary, inadequate sunlight, dehydration, heat-altered dietary fats).
 - The valves in veins push blood through the system and back to the heart; damaged veins leads to fluid buildup in the legs resulting in varicose veins.



Cleveland Clinic 2022



CardioVisual.com 2020



Cleveland Clinic 2022

Warning Signs, Malfunctions Imbalances, Deficiencies*	Botanical Ingredients	Natural Nourishing, Corrective Effects at the Micro Cell Level
Poor circulation: reduced oxygen, obstructions in blood flow, high cholesterol, weakened blood vessels prone to damage.	Grape Seed (<i>Vitis vinifera</i>)	<ul style="list-style-type: none"> • Helps increase red blood cells, maintain oxygen-carrying hemoglobin levels in the blood. • Hematopoietic action (forms new blood cells in bone marrow). • Helps dilate blood vessels for improved blood flow, oxygen and nutrient delivery. • LDL cholesterol-lowering omega 3, 9 essential fatty acids. • Flavonoids strengthen blood vessels and capillaries. • Antioxidant resveratrol protects blood vessels and capillaries.
Weakened heart: diminished heart strength and lung (cardiorespiratory work capacity), inadequate blood supply.	Hawthorne Flower (<i>Crataegus, spp.</i>)	<ul style="list-style-type: none"> • Improves blood vessel circulation and heart blood flow. • Strengthens heart contractions. • Helps normalize arrhythmias. • Helps normalize heart rate, blood pressure, breathing. • Antioxidant against free radicals: ROS, hydroxyl, peroxides, singlet oxygen. • Aids SOD, breaking down, disabling free radicals. • Aids in regulating cholesterol.
Heart failure: inflammation, rampant free radicals overwhelming the immune system, damaging heart tissues, blood vessels, DNA.	Mistletoe, White, Leaf (<i>Viscum album</i>)	<ul style="list-style-type: none"> • Shown to improve fluid regulation and regulate blood vessels for lowering inflammation and inflammatory markers such as C-reactive protein (CRP). • Shown to improve all heart failure parameters: diastolic, ventricular, mitral valve function, ejection measurement parameters during heart contractions. • Antioxidant actions neutralize or destroy free radicals leading to diseased conditions, preventing overwhelming the immune system, and protecting lipids, proteins, and DNA..
Atherosclerosis, high cholesterol: clogged heart vessels, hardened arteries, inflammation and presence of inflammatory markers.	Pomegranate Seed (<i>Punica granatum</i>) Raspberry (<i>Rubus idaeus</i>)	<ul style="list-style-type: none"> • Has anti-atherogenic properties (prevents clogged heart vessels) and atherosclerosis (hardening of the arteries and formation of hardened plaques within). • Reduces cholesterol, regulates LDLs. • Improves lipid profiles in the blood. • Antioxidants prevent damage to fatty acids in the body by preventing peroxidation leading to toxic byproducts that damage DNA and cell malfunctioning.
Arrhythmias (heart rhythm disturbances): inadequate heart circulation, deficient fueling of heart muscle cells, presence of inflammatory proteins.	Raspberry (<i>Rubus idaeus</i>)	<ul style="list-style-type: none"> • Shown to help with abnormal heart rhythms. • Aids in fueling the heart muscle cells. • Purifies the blood of inflammatory toxins, binding molecularly to harmful synthetic chemicals, neutralizing toxins, preventing formation of cell abnormalities (cancer). • Inhibits inflammatory enzymes that damage blood vessels, preventing proper circulation and leading to stroke or heart attack. • Inhibits cell damage from oxidized, LDL cholesterol; improves beneficial HDL cholesterol. • Helps inhibit formation of blood clots and therefore preventing embolisms (mobilized clots) related to stroke and heart attack. • Improves nerve-to-nerve communications, improves stress signaling pathways, protects against cognitive and motor function (body movements) degeneration.
Metabolic syndrome: obesity and associated diabetes, heart disease, risk of stroke and heart attack, increased risk of cancer. Nerve degeneration affecting learning and memory.	Strawberry, Wild (<i>Fragaria vesca L.</i>)	<ul style="list-style-type: none"> • Cardioprotective, neuroprotective. • Shown to protect against metabolic syndrome developed out of obesity: inflammation, diabetes, heart disease, stroke. • Shown to help reduce cardiovascular risks: hypertension, dyslipidemia, inflammation. • Prevents adhesion molecules in blood vessel endothelial cells that lead to atherosclerosis. • Effective anti-free radical against inflammation biomarker C-reactive protein, reactive lipid hydroperoxides, paraoxonase-1, known to cause blood vessel damage. • Help maintain nerve regeneration in the brain's hippocampus (learning and memory recall, new information retention).

Reference:

Pittman RN. Regulation of Tissue Oxygenation. San Rafael (CA): Morgan & Claypool Life Sciences; 2011. Chapter 2, The Circulatory System and Oxygen Transport. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK54112/>

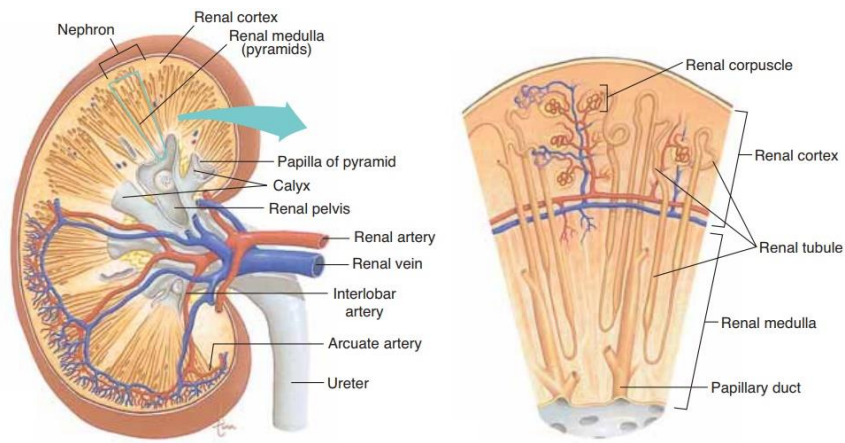
6. If time permits, can you go over a couple of the key botanicals in HRT that help with other functions and symptoms in the body?

- Every botanical in HRT has many synergistic nutrient factors known to address proper functioning in other body systems:

Botanical	Body System	Functions
Grape Seed (<i>Vitis vinifera</i>)	Hormonal	Normalizes estrogen levels.
	Liver (Accessory to Digestive System)	Improves liver function
	Nervous	Prevents Alzheimer's and Parkinson's.
Hawthorne Flower (<i>Crataegus, spp.</i>)	Muscular	Increases exercise tolerance in increased muscle workload.
	Nervous	Improves nerve functions.
	Immune	Antibacterial, anti-viral.
Mistletoe, White, Leaf (<i>Viscum album</i>)	Nervous	Prevents convulsions, muscular spasms.
	Skeletal	Prevents joint inflammation.
	Glandular	Improves thyroid function.
	Immune	Prevents the spread of cancer.
Pomegranate Seed (<i>Punica granatum</i>)	Blood Circulatory	Improves blood hemoglobin levels (oxygen-carrying protein), reducing risk of anemia.
	Immune	Anti-parasitic, antioxidants protecting against DNA damage.
	Nervous	Prevents memory dysfunction.
Raspberry (<i>Rubus idaeus</i>)	Immune	Hemostatic function (helps stop bleeding). Helps halt atherosclerosis (hardened plaques in arteries). Helps halt progression of cancer.
	Hormonal	Helps regulate pancreas functions for proper blood glucose levels.
	Nervous	Prevents age-related reduced cognition and decline in motor function.
Strawberry, Wild (<i>Fragaria vesca L.</i>)	Immune	Anti-inflammatory, anti-cancer, antimicrobial.
	Hormonal	Anti-diabetes, anti-obesity.
	Cardiovascular	Cardioprotective.
	Nervous	Neuroprotective.

Botanicals in APLGO Drops That Aid in Kidney Functions:

Asparagus Root	BRN, PWR APR
Avocado	HPR, BTY
Balsam Pear Fruit (Bitter Melon)	GRW, NRM, SLD
Banana	RLX, HPY
Black Currant	AIR, ALT, GRW, MLS,
Carrot	ICE
Chamomile, German, Flower	BTY, HPY, ICE, MLS, RLX
Cherry	STP
Citric Acid (Natural Preservative in the APLGO Drop)	All APLGO drops.
Cranberry	AIR, MLS
Damiana Leaf	BRN, PWR LEMON, PWR APRICOT
Dandelion Root	BTY, HPR, MLS
Fig	PWR LEMON
Ginger Root	ALT, BRN, MLS, PWR LEMON, PWR APRICOT, SLD, STP
Hawthorn Berry	HPY, PFT
Mandarin	MLS
Mangosteen	ALT
Milk Thistle	BTY, HPR
Mistletoe, White, Leaf	HRT
Pineapple	GTS
Purple Coneflower Root (Echinacea)	GRW, MLS
Raspberry	HRT, STP
Turmeric	BRN, BTY, HPY, HPR, MLS, PFT, SLD, STP



BrainCart.com 2024

Reference:

Gilbert, M. E. (2021). Potent Superfoods for Lifelong True Health. Tucson, AZ: Holistic Choices Publishing.

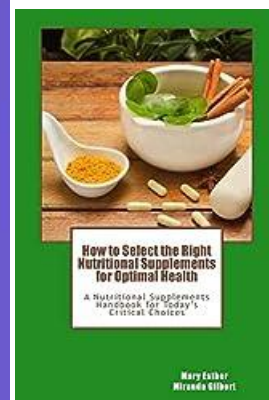
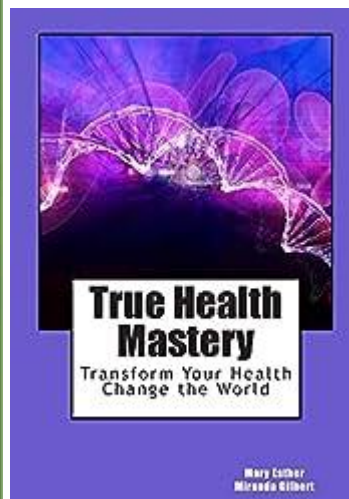
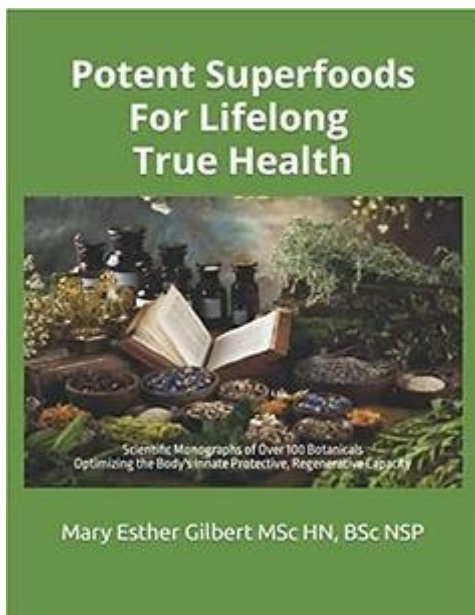
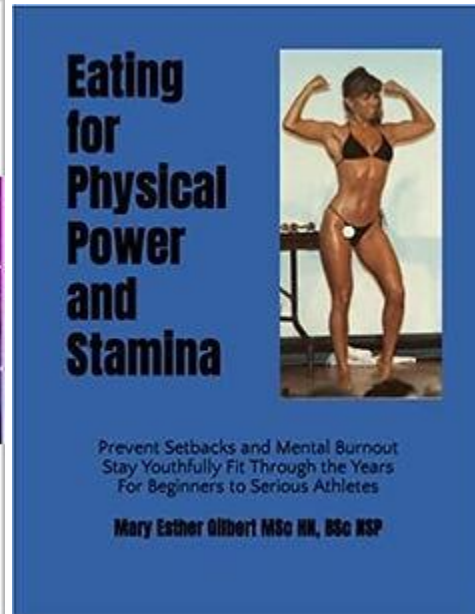
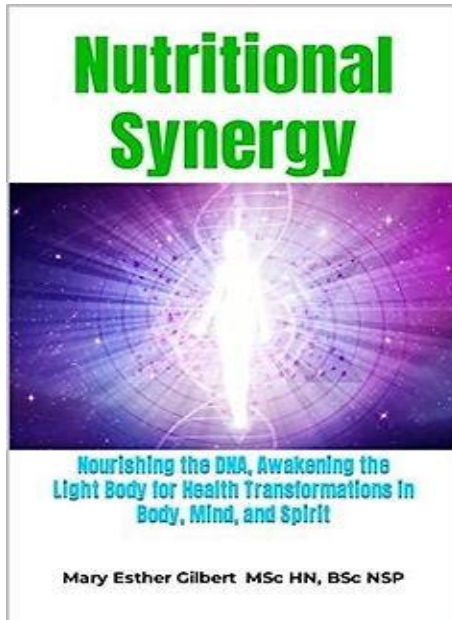
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