

# Healthy Hearts

## Faith & Family Radio Resources for Episodes 153 & 154

*Honor the physician with the honor due him, according to your need of him,  
for the Lord created him;*

*<sup>2</sup>for healing comes from the Most High,  
and he will receive a gift from the king.*

*<sup>3</sup>The skill of the physician lifts up his head,  
and in the presence of great men he is admired.*

*<sup>4</sup>The Lord created medicines from the earth,  
and a sensible man will not despise them. (Sirach 38:1-4)*

### Books

[Why Animals Don't Get Heart Attacks. . . But People Do!](#)

by Matthias Rath, M.D. (Research Assistant to two-time Nobel Prize winner and noted as 16<sup>th</sup> Greatest Scientist in Human History, [Linus Pauling, Ph.D.](#))

**\*\*UPDATED version of this book includes Dr. Rath's landmark lecture at Stanford University\*\***

[Stop America's #1 Killer!](#) by Thomas E. Levy, M.D, J.D.

**\*\*Overwhelming Evidence Cites over 650 Scientific References\*\***

[Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins.](#)

by Thomas E. Levy, M.D, J.D.

[A Patented Heart Disease Cure That Works.](#) by David H. Leake, a layman. Includes astonishing photos of his heart before & after his vitamin/mineral regimen.

[The Magnesium Miracle: Discover the Essential Nutrient that will Lower the Risk of Heart Disease, Prevent Stroke and Obesity, Treat Diabetes, and Improve Mood and Memory.](#) by Carolyn Dean, M.D., N.D.

[The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease--and the Statin-Free Plan that Will.](#) by Jonny Bowden, PhD, C.N.S., and Stephen T. Sinatra, M.D, F.A.C.C, F.A, C.N, C.N.S.

[The Sinatra Solution: Metabolic Cardiology.](#) by Sinatra, Stephen T., M.D, F.A.C.C, F.A, C.N, C.N.S.

### Websites

[Dr. Linus Pauling's Therapy](#) [www.paulingtherapy.com](http://www.paulingtherapy.com)

[Dr. Thomas Levy](#) [www.peakenergy.com](http://www.peakenergy.com)

[Dr. Stephen Sinatra](#) [www.drstinatra.com](http://www.drstinatra.com)

## Vitamins/Minerals

### Liposomal Vitamin C

### Liposomal Vitamin C packets (for travel)

### L-Lysine & L-Proline

Whole Food Vitamins – Note: Dr. Levy cautions against excessive calcium supplementation

**Why Ionic Minerals?** It's a challenge to get needed minerals into your cells. Many people believe that the ionic type of minerals is the most absorbable form. See this [article](#) for an explanation.

### Ionic Sea Minerals

Trace Minerals – See Good State ionic products on Amazon for alternatives to the Sea Minerals above

### Ionic Magnesium

### Sea-90 mineral fertilizer

Only non-hybrid tomato plants will absorb all 90 of the sea minerals

[Video: Best Organic Sea Fertilizer That You Can Eat!](#)

**Why is High Absorption COQ10 also essential?** Coenzyme Q10 is a nutrient that supports heart function and promotes energy production in cells. Read this [article](#) by Dr. Sinatra to see why he said it is the one heart healthy vitamin he would want to take on a desert island.

**Disclaimer:** On this fact sheet & on the accompanying radio shows we are sharing personal health stories & some information on healthy heart strategies we have personally taken advantage of. We do not intend for our stories to be any type of medical diagnosis, recommendations, or prescriptions. We are not physicians and therefore are not offering medical advice. Anything you contemplate doing should be discussed first with your family physician.

**If you need assistance in locating any of the above resources and/or want an electronic copy of this list sent to you, contact us at the email address below.**



**Family Life Center International**  
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