

Greetings!

Season's greetings to you and your loved ones, as the November holiday gives way to those of December. We hope that some of the tips and encouragement that we shared with you in last month's issue, regarding the holidays, proved to be of some practical use.

We hope that the health benefits that you receive from Cardio Renew count as just one of many things that you can be thankful for this holiday season. We, in turn, are thankful that you found us. By you finding us, instead of the other way around, we are able to keep our overhead relatively low, especially in terms of advertising. This allows us to offer you Cardio Renew at the best price possible, all year long, without sales gimmicks or pressure tactics.

We hope that you will benefit from the additional information and tips contained in this holiday newsletter. Enjoy the season in moderation and do so donning a spirit of virtue, optimism, and generosity; not one that betrays the spirit of this time of year like so many storybook and movie characters that we associate with the holidays. Although the beauty of these characters is that they are ultimately redeemed by an experience or awakening that is life changing and life affirming, and is realized through personal catharsis or by overcoming adversity. Almost all of us can relate to these experiences. So here's hoping that your holiday is free of Grinches, Scrooges and Abominable Snowmen and filled with good cheer and joy!

Wishing You Good Health, Vitality,

The Cardio Renew Team

P.S. As always, we value your feedback, so please feel free to send any questions or comments to:

newsletter@cardiorenew.com

Feature Health Topic



EDTA Chelation Therapy Helps Improve Many Health Related Conditions

EDTA chelation therapy helps with many minor to serious health conditions. It can help to reduce the blockages in the circulatory system and help those with the disease maintain good circulation throughout their body. EDTA works by removing the calcium deposits that build up in veins and arteries, thus removing the blockages. With the blockages removed, the heart is better able to function and essential nutrients and oxygen can again move freely around the body. Here are just a few of the conditions EDTA chelation therapy can help improve:

- **Cholesterol Reduction:** The body uses cholesterol (lipid) to help build cells and produce hormones. Too much cholesterol in the blood can build up along the inside of the artery walls. Large amounts can increase the chances of having a heart attack or stroke. By increasing blood flow by removing mineral deposits and heavy metals from the body; liquid EDTA chelation treatment can assist in reducing blockage in the arteries and veins.
- **High Blood Pressure:** Can cause angina attacks, strokes, as well as very painful, sometimes life ending heart

attacks. The heart has to work harder to supply blood to all areas of the body, due to build up in the arteries and veins. A healthy diet and regular exercise, along with an effective chelation program, can strengthen the circulatory system and build a stronger heart.

- **Fatigue:** Caused by a wide range of illnesses and diseases (eg. Diabetes) leading to a lack of sleep. Weakness, exhaustion, lack of energy and headaches are all symptoms of fatigue. A good diet, exercise, and plenty of sleep will ensure a healthy lifestyle, and help increase circulation in the body along with a safe, effective chelation program.
- **Angina:** Chest pain or discomfort that occurs when the heart does not get enough blood due to build up in the coronary arteries. It may feel like pressure or a squeezing pain in the chest. Reducing blockage and increasing circulation through EDTA chelation therapy can help the body function closer to normal.

To see a full list of conditions that chelation therapy can help you with, visit Cardio Renew:

[Benefits of Chelation Therapy](#)

About Cardio Renew



Cardio Renew Inc. is a family owned and operated company located in Minnesota. Cardio Renew was developed to offer you safe, effective and economical oral liquid EDTA chelation programs. Our #1 goal is to provide you quality products at an affordable price, while supplying the great customer service that you need and deserve. Here are a few items that we feel are important to the success of your oral chelation program:

- **Quality Product**-We purchase our products in liquid form and have our formulas blended, bottled, labeled and tamper-evident sealed at a professional manufacturing facility. This ensures you receive consistent, high quality products that provide safe and effective chelation therapies.
- **Customer Service**-Our goal is to answer e-mails, return phone calls and ship orders within 1 business day. Most times within a few hours or less.
- **Best Value**-Because Cardio Renew is a family based business, we keep our overhead and operating costs at a minimum. We do not promote sales, discounts or specials. We offer the best price to everyone, all year.
- **No Multi-Level Marketing**-We know that this not only raises the cost of products, but also takes away from the quality of customer service that you receive. We believe in helping our customers, not just making a sale.
- **Honesty**-We will always be truthful with our customers. We don't believe in scare tactics or deceptive marketing practices. We are an honest company, that takes pride in selling quality products, at an affordable price.

We believe in our products and programs and sincerely care about our customers. We truly feel that Cardio Renew can improve your health and therefore the quality of your life.

Heart Healthy Recipes For All Seasons, But Especially For The Holiday

Season

Following are several links for recipes that are redolent of the holidays, heart healthy, and would be welcome anytime of year really:

- **Red-and-Green-Stuffed Pork Loin** As pretty as it is tasty, this entree features the flavors of tart cherries, wild rice, sage, and apricot jam. The sweet and savory combination would make a fine holiday entree: [Red And Green Stuffed Pork Loin](#)
- **Sweet Potatoes with Orange and Ginger** Heart-healthy sweet potatoes highlight this side dish treat. Orange peel, brown sugar, chopped pecans, and a bit of ground ginger are also in the mix. [Mashed Sweet Potatoes Recipe](#)
- **Creamy Mashed Cauliflower** This savory cauliflower puree makes a perfect low-carb stand-in for mashed potatoes. It gets its fabulous flavor from garlic, buttermilk and a touch of butter and, best of all, it has about one-quarter of the calories of typical mashed potatoes. If you like, vary it by adding shredded low-fat cheese or chopped fresh herbs. [Creamy Mashed Cauliflower](#)
- **Mixed Greens With Dried Plums and Toasted Pecans** Get your fill of antioxidants with the sweet and salty combination of prunes and pecans in this cholesterol-free winter salad. The sweetness of the prunes balances the bitter flavor of the escarole, which is full of heart-healthy fiber. Sherry vinegar, honey, and Dijon mustard make a tangy topping with just as much flavor as creamy dressings, but with only one-quarter of the saturated fat. [Mixed Greens With Dried Plums and Toasted Pecans](#)
- **Nutty Brown Wild Rice** With fast-cooking long-grain and wild rice, this side dish is ready in no time. Low-sodium chicken broth gives a flavor boost to the pine nuts, without adding excess sodium. Cherries add a tart flavor and a boost of melatonin, a natural hormone credited with slowing the aging process and fighting insomnia. Top it off with grated lemon peel.
- **Pumpkin Soup** One of the perfect holiday accents, but not as a calorie filled pie, but rather as a rich and healthy soup. You will find that many, who disdain the pie, will go out of their way to request this delicious dish. Canned pumpkin puree, available year-round, is an easy source for the mashed cooked pumpkin. When pumpkins abound in the fall, however, you can make your own puree by roasting a small pie pumpkin and whipping the flesh in a blender or food processor.
- **Warm Chocolate Pudding** This warm pudding has a marvelous deep chocolaty flavor, but it's low in fat and super-quick to make. Don't skimp on the quality of cocoa with this one-treat yourself to the good stuff. The high quality cocoa has rich anti-oxidant properties to make this dessert a bit more guilt-free. Those with diabetes should make the usual sugar substitutions.

We encourage you to experiment with other healthy seasonal ingredients such as cranberries, squash, green beans, chestnuts, brussel sprouts, assorted varieties of (unsalted) nuts, the prime harvest from fresh fruit baskets (a great and many times under appreciated gift, especially since so many of the fruit baskets today really do come loaded with the most fresh, premium and unique fruit varieties that are available today). You can find many more recipes, which include the use of these additional ingredients, once you click on any of the links provided above.