

Greetings!

If you have discovered Cardio Renew, chances are that it was due in response to having received troubling news regarding your health. While you would have been justified in feeling down about the news, the evidence proves that you, a loved one or a friend, found the news disturbing enough to take action by looking for ways to counter and overcome the bad news. We hope that you had several options available to you to discuss with your doctor, and that Cardio Renew was the best choice. Especially with regards to avoiding invasive, costly surgeries, which result in a huge hospital bill, and with no guarantee as to the results.

That leads to this important note: at Cardio Renew, we truly believe that our liquid oral chelation programs can help with a variety of health conditions - and we back that belief with a no risk, money back guarantee. In other words, try our oral chelation therapy 6 week program, and, if you're not satisfied, we'll refund the full product price - no questions asked*. No minimum purchase required, no need to call for authorization, no forms to complete, just send it back to us - it's that easy and straight forward!

*click on the following link for complete details: www.cardiorenew.com/productguarantee.php

Wishing You Good Health and 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

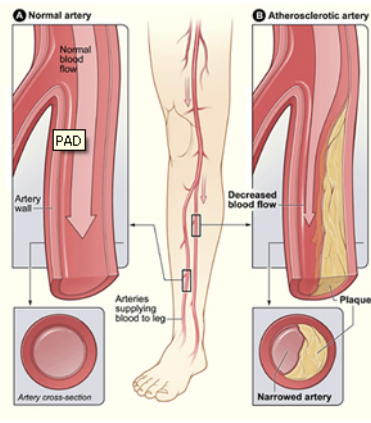
Feature Health Topic



Peripheral Arterial Disease (PAD)-Symptoms, Outlook and Treatment

Peripheral arterial disease (PAD) occurs when a fatty material called plaque builds up on the inside walls of the arteries that carry blood from the heart to the head, internal organs, and limbs. PAD is also known as atherosclerotic peripheral arterial disease or "hardening of the arteries".

The buildup of plaque on the artery walls is called atherosclerosis, or hardening of the arteries. Atherosclerosis causes the arteries to narrow or become blocked, which can reduce or block blood flow. PAD most commonly affects blood flow to the legs.



Blocked blood flow can cause pain and numbness. It also can increase a person's chance of getting an infection, and it can make it difficult for the person's body to fight the infection. If severe enough, blocked blood flow can cause tissue death (gangrene). PAD is the leading cause of leg amputation.

Atherosclerosis can affect arteries anywhere in the body, including the arteries that carry blood to the heart and brain. When atherosclerosis affects the arteries of the heart, it is called coronary artery disease (CAD). CAD can cause a heart attack. If atherosclerosis is in the limbs, it also is likely to be in the coronary arteries.

When atherosclerosis affects the major arteries supplying the brain, it is called carotid artery disease. Carotid artery disease can cause a stroke.

PAD (atherosclerosis in the arteries that supply blood to the limbs, especially the legs) is a common, yet serious disease. Men are more likely to have symptoms of PAD, but both men and women can develop the disease. PAD can impair physical health and diminish the ability to walk.

In the advanced stages of PAD, blood flow to one or both legs can be completely or mostly blocked. This is known as chronic critical limb ischemia (CLI). A very severe blockage in the legs and feet means that the legs do not receive the oxygen or nutrition needed for cellular or skin growth and repair. CLI may lead to painful leg or foot sores, and it could eventually lead to gangrene. If this condition is left untreated, the foot or leg may need to be amputated.

A person with PAD has a six to seven times greater risk of CAD, heart attack, stroke, or transient ischemic attack ("mini stroke") than the rest of the population. If a person has heart disease, he or she has a 1 in 3 chance of having blocked arteries in the legs. Early diagnosis and treatment of PAD, including screening high-risk individuals, are important to prevent disability and save lives. PAD treatment may stop the disease from progressing and reduce the risk of heart attack, heart disease, and stroke.

Although PAD is serious, it is treatable. The buildup of plaque in the arteries can often be stopped or reversed with dietary changes, exercise, and efforts to lower high cholesterol levels and high blood pressure. In some patients, blood flow in the vessels may be improved by oral liquid EDTA chelation therapy.

Liquid EDTA (Ethylene Diamine Tetra-acetic Acid) is absorbed into the bloodstream within minutes. It then begins to chelate toxic and heavy metals, along with excessive mineral deposits. When metals and minerals remain in the bloodstream, they accumulate and harden, causing poor circulation. By cleansing the body's arteries and veins, the blood flow is increased.

Blood supplies nutrients and oxygen to all critical body areas (organs, muscles, tissues and nerves). EDTA chelation therapy provides your body with the proper blood flow rich in oxygen and nutrients, allowing it to recuperate, regenerate and function normally once again.



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.

Tips to Lower Your Cholesterol

Don't panic if you've been diagnosed with high cholesterol. Use these tips and tricks to reduce your cholesterol and get back on track.

Making the change to a healthful diet is the first step in lowering cholesterol.

Most important: Limit the amount of saturated fat and cholesterol in your diet.

Foods to avoid or limit include:

- Whole milk, cream, and ice cream
- Butter, egg yolks, and cheese-and foods made with them
- Organ meats, such as liver, sweetbreads, and kidney
- High-fat processed meats, such as sausage, bologna, salami, and hot dogs

- Fatty meats that aren't trimmed
- Duck and goose meat (raised for market)
- Baked goods made with egg yolks and saturated fats
- Fried foods
- Saturated fats, including coconut oil, palm oil, and palm kernel oil
- Solid fats, such as shortening, partially hydrogenated margarine, and lard

Just as some foods increase cholesterol, others help lower it. Foods you should eat include:

- Fruits and vegetables: 8-10 daily servings, especially high-fiber items such as beans and peas
- "Good fat" fish (i.e. salmon): 2 or more servings per week
- Whole grains: 6 or more daily servings
- Nuts and seeds: 4-5 servings per week
- Nonfat and low-fat dairy: 2-3 daily servings
- Lean meat and poultry without skin: 5-6 ounces daily
- Unsaturated vegetable oils: including canola, corn, olive, safflower, and soybean oils (but limit the amount of margarines and spreads made from them)

Load Up on Fiber

Soluble fiber helps lower LDL ("bad") cholesterol by reducing its absorption in the intestines.

Soluble fiber can be found in:

- oats
- barley
- rye
- beans
- peas
- apples
- prunes
- berries
- fiber supplements

Add Flaxseed to Your Diet

- Add a tablespoon of ground flaxseed to your hot or cold breakfast cereal.
- Add a teaspoon of ground flaxseed to mayonnaise or mustard when making a sandwich.
- Mix a tablespoon of ground flaxseed into an 8-ounce container of yogurt.
- Bake ground flaxseed into cookies, muffins, breads, and other baked goods.