

Heart Attack (Myocardial Infarction)

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The death of heart muscle due to the loss of blood supply. The loss of blood supply is usually caused by a complete blockage of a coronary artery, one of the arteries that supplies blood to the heart muscle.

Black Cohosh, Oat Straw, Passionflower, Valerian Root, Skullcap, and Wood Betony-

Internal Purposes: These six herbs contain flavonoids that act as natural sedatives and stimulates the brain to produce endorphins, thus inducing a feeling of calm that is believed to help regulate arrhythmias.

Butcher's Broom, Hawthorn Berries and leaf, Motherwort, and Red Sage- Internal

Purposes: These four herbs contain properties that are said to make the heart stronger.

Gotu Kola, Primrose, and Rosemary- Internal Purposes: These herbs stimulate circulation and act as mild sedatives that promotes a calming effect in the body that is beneficial in managing angina.

Turmeric (Curcumin)- Internal Purposes: Turmeric contains curcumin and is beneficial for its anti-inflammatory properties that is said to lower cholesterol.

Alfalfa, borage Seed, Horsetail, Nettle, and pau d'arco- Internal Purposes: These five herbs have beneficial qualities such as silica in horsetail that maintains the elastic connective tissue of the arteries. Alfalfa leaves reduce blood cholesterol levels borage Seed, Nettle, and Pau d'arco contains valuable minerals and essential fatty acids needed for proper cardiovascular function.