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## Greetings!

Thematically speaking, we tend to associate late August up through early September with the young ones in our lives going back to school. Anymore though, back to school applies to just about every age demographic. Each year, universities and colleges (especially community colleges), are seeing the average age of their students on the rise. Throughout our newsletters we have encouraged our readers to stay active. Usually we are referring to staying physically active; however, research is showing that an active mind also pays health dividends and can contribute to our longevity.

More and more people who are retiring between the ages of 55-67, are finding that doing things like taking classes and learning new skills can open up doors to new possibilities, pursuits, opportunities and interests. In fact, research suggests that those who don't think of retirement as a complete withdrawal from the workforce or a "permanent vacation", but rather have a retirement plan that includes some kind of regular work or volunteer activity, live longer and are happier during their "golden years". In their case the word "retirement" is simply being used as a declaration of the end to our formal, full time careers or occupations, while leaving wide open the scope of possibilities for remaining productive as a wage earner, volunteer, student, public servant, etc. Many people, who re-enter the work force part-time, as say a retail worker, donate their earnings to local charities, churches, etc., if they do not have a pressing need of their own for the additional income.

Continuing education through a local community college is a productive and constructive way to keep your mind active and many courses may even require or be based around a physical activity. Community colleges offer classes and degrees that range from the more traditional areas of study like business and computer technology, to elective classes targeting special interests such as scrapbooking, music, dance, arts and crafts, cooking, foreign languages, etc. Some community colleges even offer classes targeting interests as specific as an in depth study into the original Star Trek TV series! If you have a special interest, there is probably a class available that you can register for to learn more about it. Better yet, if you don't find a class offered for a particular interest in which you have an advanced knowledge, then you have just discovered the perfect opportunity to approach the curriculum development team of your local community college to discuss the possibility of them adding your class idea to their offerings! Many community colleges have continued developing their curricula in exactly that manner. These kinds of special interest classes usually need to satisfy a minimum enrollment threshold to cost justify the course. If approved, you should even receive some sort of modest compensation for your efforts. Many community colleges also offer special, intensive certification programs that may be completed in a day, a week, a month or several months, and that can range in subject matter from customer service trainings for retail work environments, to citizenship classes, to first aid/cpr certifications, to boating and other recreational safety courses. If you never graduated high school, it is never too late to get your GED and most community colleges offer the preparatory classes for taking the required test. Almost all classes offered at community colleges are relatively affordable.

My grandfather was a minister during his formal career and went on to be awarded an honorary PHD in Divinity later in life. After he "hung up the cloth", his retirement years were anything but sedentary, and included small scale farming (he donated much of his produce to his local church that in turn sold it on weekends to raise funds for their mission projects), he worked as a bailiff at the local county court, continued to preside over weddings, funerals and served many Sundays as a fill-in minister. He ran for local office and was Santa Clause for many years at the local mall (all he needed was the red suit and wig, as he was bald, but the slight paunch and beard were all his). Though he was always a bit overweight as an adult, he walked regularly (on top of his already active lifestyle), had no unhealthy vices, read voraciously, traveled extensively (but frugally), laughed and joked constantly and lived to the ripe old age of 95. The week before his death his blood pressure was still a tried and true 120/80. In many ways his "retirement" is a model and testament to the health d

ividents that can be realized by remaining active as we age.Â Though my grandfather never experienced any heart health i  
ssues, not all of us are so fortunate, even if we are active and maintain a healthy lifestyle.Â When diet, exercise and an a  
ctive lifestyle alone do not prevent the advent of heart related problems and conditions, a safe, economic and effective  
EDTA chelation treatment like Cardio Renew may be the winning combination to seeing us advance well into our golden  
years.

Whatever our age, we should stay curious about our world and find ways to continue learning, developing and growing.Â S  
o go join the youngsters who are currently crowding the school supply aisles of your local retail outlet and don't be late for  
registration!

\*click on the following link for complete details: [www.cardiorenew.com/productguarantee.php](http://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](mailto:newsletter@cardiorenew.com)

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Feature Health Topic

**The Case for Oral Liquid EDTA Chelation Therapy**

**Chelation therapy** is the removal of toxic heavy metals and mineral deposits in the body. Chelators are traditionally given to people who have some sort of heavy metal poisoning, although more and more doctors today are turning to chelation therapy to help heart patients stay healthy. Chelators can be used to reverse the effects of arterial blockage caused by plaque.Â The chelator used for heart health is ethylene diamine tetra-acetate acid, or EDTA.Â EDTA taken orally or in travenously is well known to open up small blood vessels and allow them to be more elastic. Angina pectoris and lower extremity claudication are the two classic blood perfusion problems that are often clinically improved with EDTA chelation therapy. It is also known to improve blood pressure, slow or stop the progression towards atherosclerosis, as well as effectively treating a wide range of other cardiovascular and circulatory conditions.

**Forms of EDTA for chelation**

EDTA comes in many forms such as IV drip, suppository, pill or liquid. Since EDTA is used to remove excessive, unbound minerals in the body, it can remove calcium from the plaque in the arteries, aiding in the reversal of the effects of blockage, which inhibits the flow of blood from the heart to the organs and muscles.

Many of the forms of EDTA can be prohibitively expensive or take a long time to become effective. EDTA IV chelation requires that patients attend 30 to 50 sessions over six months. Each of these sessions is at least three hours long and quite expensive (\$100-\$150 per session). EDTA in suppository form is normally administered 3 times per week, but can also be cost prohibitive. The suppository therapy takes over six months to complete. Chelation pills are less expensive, but when considering the absorption rate that pills provide (5-18%), the time it takes for the chelation process to effectively work, far outweighs the cost savings.

With liquid oral chelation the EDTA solution is mixed into the patient's drinking water and can be taken several times a day. Liquid EDTA chelation treatment is much less expensive than suppository or IV treatments and is absorbed easier

than EDTA in pill form. And unlike EDTA chelation treatments involving IV drip or suppository, which can take up to six months to complete, liquid EDTA chelation therapy takes only six weeks to take effect.

## **EDTA Liquid Oral Chelation Safe and Effective**

It is estimated that from 44 percent to 85 percent of coronary artery bypass surgery has been routinely performed without patients even meeting criteria for benefits. Furthermore, several reports in recent years have suggested that stents and artery-opening angioplasty procedures were being overused in non-emergency cases, often without giving medicine alone a chance to work. Yet mainstream medicine consistently supports such flagrant abuses of surgery all the while ignoring EDTA chelation therapy. Even the American Medical Association admits that 44 percent of coronary artery bypass surgeries are done for inappropriate reasons.

Did you know that taking an oral chelation supplement is many times safer than taking an aspirin a day? The *Journal of Chronic Disease* reported in 1963 that EDTA was approximately one third as toxic to the body as aspirin. However, that was before the effect of aspirin on a bleeding stomach was fully realized. Now, more than 40 years later, Dr. Gary Gordon, the leading authority on oral chelation, has declared EDTA "300 times safer than aspirin!"

If oral EDTA were considered unsafe, then why has the U.S. Food and Drug Administration (FDA) approved it for use in foods that are enjoyed by everyone from our youngest babies to our oldest seniors? EDTA, first synthesized in Germany in 1935, is a simple amino acid, very similar in composition to common household vinegar.

EDTA so safely binds to harmful oxidizing transition metals in our foods that its widespread use is easily justified to stabilize fats, oils and vitamins, to keep potato products from turning brown, to keep fish and shellfish looking fresh in the supermarket, to maintain the flavor and consistency of milk products, and to protect canned vegetables. It can hardly be considered a health risk. In fact, your personal consumption of EDTA from food sources has been estimated at between 15 milligrams (mg) and 50 mg per day, though it can safely be given in doses up to 3 grams daily to adults.

From 1970 to 1980 approximately 100,000 U.S. patients received in excess of 2,000,000 treatments of EDTA chelation without one report of significant toxicity or death. It would not be an exaggeration to say that EDTA exceeds the safety of any and every other drug currently used in medicine.

While EDTA chelation therapy has its detractors, especially pharmaceutical interests and the mainstream medical establishment, there is a growing body of evidence with regards to the health benefits that can be realized by following a comprehensive and correctly administered EDTA treatment regimen.

Perhaps the most compelling evidence in favor of EDTA is still forthcoming, as the National Institutes of Health (NIH) has launched the first large-scale clinical trial to determine the safety and efficacy of EDTA chelation therapy in individuals with coronary artery disease, the leading cause of death for both men and women in the United States. The 5-year Trial To Assess Chelation Therapy (TACT) will involve over 2,300 patients at more than 100 research sites across the country.

The public health imperative to undertake a definitive study of chelation therapy is clear. The widespread use of chelation therapy in lieu of established therapies, the lack of adequate prior research to verify its safety and effectiveness, and the overall impact of coronary artery disease convinced NIH that the time was right to launch this rigorous study.

EDTA chelation therapy has become very popular these days as a safe and effective alternative to angioplasty and bypass surgery. EDTA chelation has proven itself to be an effective method to detoxify your body from lead poisoning and other metal toxicities found in your body. EDTA chelation also helps to dissolve and remove arterial plaque that accumulates on blood vessel walls and such removal helps to improve blood flow to the heart, legs and brain, thus preventing all kinds of diseases associated with poor blood flow. Angina pain, shortness of breath, chest congestion and a host of other symptoms, if left untreated, can lead to heart attacks and even death. However, EDTA Chelation is an effective treatment for these s

ymptoms by removing the plaque that accumulates in blood vessels.

Cardio Renew is the leader in offering a safe, effective and affordable [Oral Chelation Therapy](#). Its pure [EDTA](#) formula is the base of a comprehensive Oral Chelation treatment program.

### About Cardio Renew



Cardio Renew Inc. is a family owned and operated company located in Minnesota. Cardio Renew was developed to offer you a 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.

### Let's Talk About Salad's!

We all tend to associate salads with diets and healthy eating, but by now we have all also become aware of how easily this supposedly calorie conscious choice can become nothing more than a fat piggy disguising itself with spinach leaves. Putting the analogy in more literal terms, who hasn't enjoyed the gourmet indulgence of a warm spinach salad topped with bacon bits, croutons, and sliced hard boiled eggs, that also contains caramelized onions and mushrooms that were sautéed in the salad dressing, which uses the fat rendered from the bacon bits as its "oil" base? Delicious?-You bet. - But healthy? Not in a pig's eye! You may as well have ordered the gourmet cheeseburger topped with some exotic sounding sauce and other fancy toppings that you were contemplating, before settling for your "sacrifice" selection of the spinach salad. Why not take those same well chosen spinach leaves and throw on some fresh seasonal berries, sweet grape tomatoes, toasted sliced almonds, and a low-calorie fruit juice based dressing, blended with a light touch of a flavorful and omega 3 rich monounsaturated or polyunsaturated oil such as those derived from many kinds of nuts (e.g. almonds, walnuts, hazelnuts), as well as grape seed, safflower, sunflower and linseed (flaxseed) oils.

## **Dressings**

Usually the key ingredient that can render an otherwise healthy salad into a "fat bomb" is the selection and quantity of dressing that is applied to it. Ranch and blue cheese dressings are undoubtedly considered delicious by most of us. Unfortunately, so much so, that we are more interested in capturing or tasting that flavor above all of the other ingredients combined. Let's take for example a main entre size salad, which may have a blend of vegetables, fruits, nuts, cheeses, and a lean meat component like turkey that combined may well come in at 500 calories or fewer. Not bad if it is eaten as a main entre. At this point, it would also more than likely qualify as being low in fat, while providing strong and varied nutritional content and benefits. However, adding two standard salad bar sized ladels full of ranch, blue cheese or thousand island dressing can easily double the calories in the salad and will have added enough saturated fat so as to virtually neutralize the possible health benefits that could have been derived from the otherwise healthy base ingredients.

On the other hand, the same base ingredients, complemented by a few tablespoons full of a flavorful, satisfying and low calorie dressing, will cash in on and accentuate the health benefits that can be gleaned from them. The right oil base to the dressing can add its own healthful properties in the form of omega 3 fatty acids. Hundreds of healthy, low calorie and flavorful dressing can be created using a combination of assorted oils, vinegars, spices, acids like those found in citrus fruits, raw sugars and other condiments. By making and blending your own dressings you are in control of and conscious of the ingredients that are used to produce the end product. In this way you can limit/control the addition of unhealthy ingredients found in a majority of commercially produced dressings such as, corn syrup, dairy creams/milks, mayonnaise, oils and other ingredients that may be hydrogenated and/or contain trans fats, processed sugars, preservatives, and high amounts of sodium, just to name a few.

Experiment making your own dressings by combining a variety of oils like those mentioned above with various and distinctly flavored vinegars, such as balsamic, rice wine, apple cider, raspberry, Champagne, wine (e.g. Cabernet Sauvignon, Riesling, and Chardonnay), sherry, and the juice of citrus fruits (e.g. blood orange, Meyer lemon, and key lime), which you then may wish to enhance with a combination of herbs, spices, chilies, etc. Acid based citrus fruit juice, such as that from a lemon, can be used as a substitute for vinegar. Condiments such as Dijon mustard and Worcestershire sauce can also deliver guilt free flavor when added in moderation. The taste of these dressings will be as satisfying and flavorful as those found in their fat filled cousins. Simply whisk one or two parts of an oil referenced above, with one part of an acid based ingredient referenced above and you have dressing! The combinations of vinegars (or other acid based ingredients) and oils are virtually endless.

The most important rule of thumb to follow, in order to preserve nutritional value and reduce overall calories, is to not over dress your salads. Restaurants are notorious for this and have probably conditioned us to do the same at home. So order your salad dressing on the side when you dine out so you can control how much you put on your salad. Over dressing a salad not only leads to additional and unwanted calorie intake, but also can render the remaining ingredients without their own distinct flavor and limp from the liquid saturation to which they have been subjected. The taste and texture of the salad may become one dimensional and only reflect that of the dressing and leave the rest of the ingredients dull, chewy, flaccid, flavorless, and impotent as far as health benefits go.

## **Select High Quality, Healthy, Flavorful Ingredients**

A flavorful and well rounded salad should combine a balance of complimentary ingredients and flavors, where each ingredient can be considered the star of the show. Use distinctly flavored, healthy, dark green to red, leafy vegetables such as kale, watercress, arugula, cabbage, spring lettuce mixes, radicchio, endive, escarole, etc., as your salad base. Add complimentary nuts, vegetables, dried and fresh fruits, and flavorful cheeses such as Parmesano Regiano, which you can add in small, low calorie quantities, that still deliver great and intense flavor.

Break out of the traditional leaf lettuce based salad routine by experimenting with lettuce free salads, like a Greek salad c

onsisting of tomatoes, cucumbers, bell peppers, Kalamata olives, red onions, feta cheese, and an oil and vinegar based dressing containing herbs such as oregano (toasted pita pieces can be added for additional flavor, provided that they are low fat, whole grain, and trans fat free). Another lettuce free salad idea, that includes ingredients that might suggest Mexican origins could consist of avocado slices, match stick sized jicama strips, blood orange slices, cilantro, toasted almond slivers, and an almond oil and rice wine vinegar based dressing and maybe some slivers of some fresh hot chillies like jalapenos. Another lettuce free salad, redolent of Asian ingredients might consist of julienne carrot strips, bean sprouts, snow pea, cucumber and mandarin orange slices, cilantro and crushed dry roasted peanuts blended with a dressing consisting of sunflower oil and three or four drops of dark sesame oil to add intense flavor, a splash of teriyaki or soy sauce and some rice wine vinegar, to which you may also wish to add some fresh pressed or minced ginger and bit of chili paste for heat.

Nuts (raw or toasted) can be a very healthful and tasty addition to any salad, provided that they are sprinkled in moderation and do not contain too much sodium. These include almonds, walnuts, pecans and hazelnuts. Meats can meet the same criteria by being lean, moderated in portion size, and limited in sodium based seasoning. Fruits and vegetables can usually be added to salads at will, provided that they are not overly cooked, portioned, seasoned (especially with salt, sugar and artificial flavors), or saturated by unhealthy ingredients such as trans fats.

### **An Additional Word About the Fruits and Vegetables That You Select**

Fruits and vegetables are the nutritional powerhouses of your diet. They are brimming with vitamins, minerals, fiber and phytochemicals that may protect against cancer, heart disease, stroke and other health problems. It's important to remember, the more fruits and vegetables you eat, the more you turn on their power. You should try to buy your produce from the freshest local grown sources possible, as the vitamin and mineral content and potency of fruits and vegetables degrade rapidly starting from the moment they are picked. So the more days that fruits and vegetables are in transit to your local market and there remain dormant until they are selected by a consumer, the less vitamin and mineral content they will possess for maximizing health benefits. But what if there are slim pickings in the produce aisle or there are no options for purchasing locally grown, fresh produce? Should you head to the freezer case to pick up bags of frozen fruits and vegetables? You betcha!

In 1998, the Food & Drug Administration (FDA) confirmed that frozen fruits and vegetables provide the same essential nutrients and health benefits as fresh, if not more so depending on how long the fresh picked produce has been dormant. It's no wonder. Frozen fruits and vegetables are nothing more than fresh fruits and vegetables that have been blanched (cooked for a short time in boiling water or steamed) and frozen within hours of being picked. Further, frozen fruits and vegetables are processed at their peak in terms of freshness, ripeness and nutrition.

Enjoy the multi-dimensional and delicious flavors you can bring out in your salads and make sure to use the tips above to maximize their health benefits. It's time to return salads to their rightful designation as health food!