

A Young Heart

with L-Arginine

The 10 Biggest & Deadliest Heart Myths (from Health Sciences Institute Research)

Myth #1 -- Heart disease and heart attacks are an inevitable part of aging.

Myth #2 -- Cholesterol is the main cause of heart disease and heart attacks.

Myth #3 -- Blood pressure drugs help you avoid heart problems and live longer.

Myth #4 -- Aggressive, "type A" behavior increases your risk of a heart attack.

Myth #5 -- Low-fat, low cholesterol diets are good for you and your heart.

Myth #6 -- Any exercise is always good for your heart.

Myth #7 -- There are two kinds of cholesterol: Good and bad.

Myth #8 -- You should eat less salt.

Myth #9 -- You should lose weight if you're "overweight."

Myth #10 -- There's no way to absolutely, positively avoid a heart attack.

Because the truth is.....

Truth #1 -- Your risk of a heart attack *does NOT* have to increase as you age. (In fact, keep reading and you'll learn how to completely eliminate it!)

Truth #2 -- Most people who die of heart disease have *low or normal* cholesterol levels. Focus on cholesterol and you can easily overlook much more important risk factors.

Truth #3 -- Blood pressure drugs usually *don't* help you live longer or lower your heart attack risk.

Truth #4 -- Being an aggressive, "type A" personality is perfectly harmless to your heart. But certain overlooked emotions *do* skyrocket your risk.

Truth #5 -- Low-fat, low cholesterol diets are even worse than useless (and so depressing). They can actually *harm* you.

Truth #6 -- *Strenuous* exercise can actually *increase* your risk of heart disease by 10,000 percent.

Truth #7 -- There's *good*, good cholesterol and *bad*, good cholesterol. Likewise, there's bad cholesterol and **REALLY** bad cholesterol. (Many die because they don't know this information.)

Truth #8 -- Only some people benefit from eating less salt. Eating too little salt can actually be harmful.

Truth #9 -- Likewise, only some people considered "overweight" really need to lose weight for their heart health. It depends on *one* factor.

Truth #10 -- You *can* absolutely, positively eliminate *any* risk of a heart attack for yourself and those you love.

