

Congestive Heart Failure

Congestive heart failure is a disorder that is a result of not having the heart muscle pump a sufficient quantity of blood to various parts of the body as needed, and when it is needed. Oftentimes, resulting in edema.

Possible Causes and Contributing Factors:

- Defect in hormonal balance
- Heavy metals

Suggested Dietary Changes:

- Eliminate salt - pickles, soy sauce, table salt, most smoked fish and meat
- Severe cases also eliminate commercially made bread, canned vegetables, soups, cheese, beets, celery, spinach
- Avoid animal fats: butter, lard, refined sugar, caffeine, tobacco, alcohol

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*