

Heart Health Guide

Heart Health 1 : Assessment

Frequency Name	Frequency Meaning
Arrhythmia	A heart arrhythmia is an irregular heartbeat.
Atherosclerosis	Atherosclerosis thickening or hardening of the arteries. It is caused by a buildup of plaque in the inner lining of an artery
Atrial Fibrillation	Atrial fibrillation is an irregular and often very rapid heart rhythm that can lead to blood clots in the heart
Broken Heart Residual Effect	Cellular imprints from past heartbreak
C Reactive Protein High	A high CRP test result is a sign of acute inflammation. It may be due to serious infection, injury or chronic disease.
Calcifications	Aortic valve calcification is a condition in which calcium deposits form on the aortic valve in the heart. These deposits can cause narrowing at the opening of the aortic valve.
Cardiomegaly	Cardiomegaly is usually a sign of another condition such as a heart valve problem or heart disease. It may also signal a prior heart attack.
CoQ10 Deficiency	CoQ10 has been shown to improve symptoms of congestive heart failure.
Dimethylarginine dimethylaminohydrolase	May inhibit nitric oxide (NO) synthases (NOS). Because it inhibits nitric oxide, it could possibly be a risk factor for endothelial dysfunction, cardiovascular mortality, and progression of chronic kidney disease.
Endothelial Progenitor Cell Active	May play a role in the regeneration (healing) of the endothelial lining of blood vessels.
Glycosylation	Changes in vessels due to chronically high levels of circulating blood sugar
HDL Cholesterol	High-density lipoprotein cholesterol is known as the "good" cholesterol because it helps remove other forms of cholesterol from your bloodstream. Higher levels of HDL cholesterol are associated with a lower risk of heart disease.
Heavy Metal Toxicity	Exposure to toxic metals may increase the risk of high blood pressure.
Homocysteine High	High homocysteine levels in the blood can damage the lining of the arteries. High levels may also make the blood clot more easily than it should.
Hypertension	High blood pressure (hypertension) is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease.
Hypertension due to kidney stress	Renal hypertension, also called renovascular hypertension, is elevated blood pressure caused by kidney disease.

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Inflammation	Although it is not proven that inflammation causes cardiovascular disease, inflammation is common for heart disease and stroke patients.
LDL Cholesterol	When your body has too much LDL cholesterol, it can build up in the walls of your blood vessels. This buildup is called plaque.
Magnesium Deficiency	Magnesium deficiency reduces cardiac Na-K-ATPase, leading to higher levels of sodium and calcium and lower levels of magnesium and potassium in the heart.
Methylation Defect	Genetic (inherited) changes that change the ability to methylate. Methylation is crucial for
Mitral Valve Prolapse	Mitral valve prolapse, also called MVP, is a condition in which the two valve flaps of the mitral valve don't close smoothly or evenly.
Niacin	A promising candidate to prevent cardiovascular disease because it is known to lower cholesterol in the blood.
Nitric Oxide Synthase	Enzyme needed to make nitric oxide. Nitric oxide is released by the vessels and is needed for good health and oxygen delivery
Oxidative Damage	Damage typically from some type of toxic exposure, consuming alcohol, nicotine or exposure to heavy metals or other toxins
Potassium Deficiency	Very low levels of potassium in the body can lead to irregular heart rhythms.
Sugar intake excessive	Consuming too much added sugar can raise blood pressure and increase chronic inflammation, both of which are pathological pathways to heart disease.
Toxicity Exposure	Exposure to toxic metals may increase the risk of high blood pressure.
Valve Issue	The blood flow in and out of the heart is regulated by
Vitamin A Deficiency	Vitamin A reduces the risk of hypertension and Ischemic heart disease.
Vitamin E Deficiency	Vitamin E reduced the risk of coronary heart disease and atherosclerosis.

Heart Health 2 : Frequencies Affirmations

Frequency Name	Frequency Meaning
All my cells are perfectly nourished with oxygen	Affirmation that supports the wellness of the circulatory system. Write down top affirmations for your client.
All my vessels are clean, clear and healthy	Affirmation
All the flowing systems in my body work perfectly	Affirmation

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I achieve balance between my head and heart	Affirmation
I allow space for optimal flow and circulation	Affirmation
I appreciate my heart	Affirmation
I approach life from a loving perspective	Affirmation
I easily align my actions with my heart	Affirmation
I now bring all physical functions in alignment with my heart	Affirmation
I now fully align with my heart	Affirmation
I take all steps conscious and unconscious for the health of my heart	Affirmation
My heart is in perfect health	Affirmation
My kidneys support the proper flow of blood and nutrition	Affirmation
My kidneys support the proper fluid balance in my body	Affirmation
My vessels dilate for optimal flow and circulation	Affirmation
My vortex system is functioning perfectly	Affirmation
Oxidative damage is now repairing	Affirmation
The flow of Qi in my body is harmonious	Affirmation
The musculature of my heart is contracting healthfully	Affirmation
Toxins affecting my heart are clearing from body	Affirmation

Heart Health 3 : Frequencies Metaphysical

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Frequency Name	Frequency Meaning
Align with Chestahedron	Designed by Frank Chester, represents the sacred geometry of the heart
Cleanse and clear the toroidal field	The heart has a toroidal field around it
Coherent heart waves	A benefit of meditation is organized and coherent cells. See HeartMath.com for more information
Expand the toroidal field	Field around the heart considered to be beneficial and giving positive energy to the heart
Harmonize vortices	Energetic centers of the heart
Increase coherence in the body	A benefit of meditation is organized and coherent cells along with decreased heart rate variability. See HeartMath.com for more information
Optimal heart rate variability	A benefit of meditation is organized and coherent cells along with decreased heart rate variability. See HeartMath.com for more information
Perfect functioning orbital velocities	Energy centers within the heart and vessels
Perfectly functioning autonomic vortex movement	Vortices within the heart and in the blood vessels
Recalibrate the toroidal field	Field around the heart considered to be beneficial and giving positive energy to the heart
Reconnect with the healing power of love	Bring positive energy to the heart

Heart Health 4 Frequencies Physical

Frequency Name	Frequency Meaning
All vessels capillaries and cells achieve perfect perfusion	Perfusion means bringing blood flow to different areas of the body/tissue/cells
Blood Pressure normalizing	Optimize blood pressure
Clean and clear arteries	Arteries cleared of blockages and calcifications are healthy arteries
Clear calcifications from heart	Arteries cleared of blockages and calcifications are healthy arteries
Electrical aspects of heart function well	The heart has an electrical system that helps it to beat in rhythm and optimize blood flow
Fats regulated optimally in vessels	Important not to have excessive fat flowing through the vessels

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Heart valves functioning perfectly	Valves of the heart help to control the inflow and outflow of blood into the heart
Pacemaker of heart functioning optimally	Electrical flow of the heart is important. Pacemakers are bundles of electricity that help to create the electrical impulses within the heart
Reverse atherosclerosis from heart	Arteries cleared of blockages and calcifications are healthy arteries
Systole and diastole in perfect rhythm	Being in rhythm for most functions of the body is very important. Systole and diastole happen in a particular rhythm and represent the closing of the valves of the heart
Vessels achieving perfect self repair	Valves of the heart help to control the inflow and outflow of blood into the heart

Heart Health 5 Solutions

Frequency Name	Frequency Meaning
Allicin	Allicin decreases plasma Hcy levels and exerts anti-atherosclerotic effects in coronary heart disease.
Alpha Lipoic Acid	Lipoic acid (LA) is a natural antioxidant which is believed to have a beneficial effect on oxidative stress parameters in relation to diseases of the cardiovascular system.
Arjuna	Arjuna bark powder protects the heart due to its cardioprotective property. It helps in the proper functioning of the heart by strengthening the heart muscles.
Berberine	Berberine reduces cholesterol and triglyceride levels, while raising HDL (the "good") cholesterol. It may lower the risk of heart disease in the long-term.
Cactus	Cereus is used for chest pain (angina), fluid retention associated with weak heart function (heart failure), and as a heart stimulant. Cereus is also used for bladder infections and other urinary tract problems, bleeding, and shortness of breath.
Cardio for life Arginine	Nitric oxide is a powerful neurotransmitter that helps blood vessels relax and also improves circulation. Some evidence shows that arginine may help improve blood flow in the arteries of the heart. That may improve symptoms of clogged arteries, chest pain or angina, and coronary artery disease.
CoEnzyme Q10	CoQ10 has been shown to improve symptoms of congestive heart failure.
D Ribose	Several studies have examined whether D-ribose supplements improve heart function in people with heart disease. It may assist with proper flow through arteries.
DHA	Consuming omega-3 fatty acids has been shown to improve heart health by reducing several markers of cardiovascular stress.

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EPA	Getting more EPA in your diet has positive effects on coronary heart disease, high triglycerides (fats in the blood), high blood pressure, and inflammation.
Garlic	Garlic may reduce cardiovascular risk factors such as high cholesterol and high blood pressure. Garlic may also benefit memory and athletic performance.
Hawthorn Berry	Hawthorn is used to help protect against heart disease and help control high blood pressure and high cholesterol.
L Arginine	Arginine may help improve blood flow in the arteries of the heart. That may improve symptoms of clogged arteries, chest pain or angina, and coronary artery disease.
L Carnitine	Improves blood flow in those with high blood pressure or related health conditions.
L Methyl Folate	Prevents high levels of homocysteine in the body, which can be inflammatory and possibly affect the cardiovascular system
Magnesium	Every cell in the body needs magnesium. It helps keep muscles strong and nerves alert.
Nattokinase	Has been shown to dissolve blood clots which helps maintain good blood vessel structure, improves blood flow, and lowers the risk of heart disease.
Niacin	May help to lower cholesterol and triglycerides in the blood. Some people do better with non-flush niacin, inositol hexaniacinate
Potassium	Potassium helps keep your heart beating at the right pace. It does this by helping to control the electrical signals of the myocardium, the middle layer of your heart muscle. When your potassium level is too high, it can lead to an irregular heartbeat.
Red Yeast Rice	Red yeast rice lowers LDL ("bad") cholesterol levels. High cholesterol levels raise the risk of heart disease. Red yeast stops the action of an enzyme in the body that helps make cholesterol.
Resveratrol	Resveratrol is linked to a lower risk of inflammation and blood clotting, which can lower your risk of heart disease.
Serrapaptase	Serrapeptase may be beneficial in treating atherosclerosis, a condition where plaque builds up inside your arteries.
Taurine	Taurine has important functions in the heart and brain. It helps support nerve growth. It might also benefit people with heart failure by lowering blood pressure and calming the nervous system. This might help prevent heart failure from becoming worse.
Tocopherols	Natural form of vitamin E, which may act as an antioxidant and possibly prevent atherosclerosis
Trimethylglycine	Contributes to the process of methylation in the body. Some research

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	shows that TMG could decrease blood levels of homocysteine, a type of amino acid found in your blood. Too high levels of this compound can increase your risk of heart disease.
Unda 8	European drainage formula that could be beneficial for the circulatory system
Vitamin A	Vitamin A is important for heart development in embryos.
Vitamin E	Consumption of foods rich in vitamin E has been associated with lower risk of coronary heart disease.

Heart Health 6 Essential Oils

Frequency Name	Frequency Meaning
Aroma Life	Young Living Oil with essential oil mix focused on the wellness of the circulatory system (see Young Living website or other resources for more information on the particular formula)
Believe	Young Living Essential Oil
Cistus	Young Living Essential Oil
Frankincense	Young Living Essential Oil
Galbanum	Young Living Essential Oil
Grounding	Young Living Essential Oil
Helichrysum	Young Living Essential Oil
Inner Child	Young Living Essential Oil
Inspiration	Young Living Essential Oil
Joy	Young Living Essential Oil
Juva Cleanse	Young Living Essential Oil
Magnify your purpose	Young Living Essential Oil
Myrtle	Young Living Essential Oil
RutaVaLa	Young Living Essential Oil
Sacred Mountain	Young Living Essential Oil
SARA	Young Living Essential Oil
White Angelica	Young Living Essential Oil