HEART BLOOD

120/80 Secrets
Little-Known Breakthroughs for Preventing Life-Threatening Blood Clots

A Publication of Life Titan Research
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ABOUT LIFE TITAN

At Life Titan Research, our goal is to share the latest research and effective treatments in alternative medicine and natural health.

Our independent investigation team is on a quest around the globe to reveal all the newest and most powerful natural techniques and therapies from the brightest doctors and scientists.

We are dedicated to bringing you the latest in proven natural health modalities that have real-world results backed by reliable scientific evidence from reputable doctors, scientists, and researchers.

Life Titan Research remains outside of the medical health complex that often overlooks what is right in front of them (good and bad).

Our findings are always clearly referenced so you know it is reliable and trustworthy (and allows you the opportunity to dig deeper if you like).

Best of all, we share everything you need to know to benefit from the information immediately.

Giving you access to useful health and wellness information that is backed by science gives you the choice to be your own advocate.

Helping you remain fully informed about any health decision you make – that is what we do here at Life Titan Research.

To your health and wellbeing,

Ethan Oliver
Editor-in-Chief
Life Titan Research
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PART ONE:
BLOOD CLOTS ARE LETHAL

Blood clots are shockingly common.

Between 100,000 and 300,000 deaths occur from blood clots annually in the United States alone. This accounts for more deaths than HIV/AIDS, breast cancer, and car accidents combined. There are also more than 600,000 cases of non-lethal blood clots every year.¹

On average, one person dies every five minutes from a blood clot.²

Medically known as deep vein thrombosis or DVT, the danger can be deadly and most people don’t think about them until they’re already facing a life-threatening situation.

Common Blood Clot Symptoms

- Aching, tenderness, or pain in arms or legs
- Redness on the surface of your skin
- Sweating
- A spot that feels warmer than the rest of your skin
- Fatigue
- Unexplained swelling in limbs

Blood clots are usually located in the arms, legs, or groin area.

What makes a DVT so dangerous is that things can worsen rapidly if small pieces of the clotted blood break loose and travel through your blood stream to other parts of your body.
They can happen to either gender at any age.

Risk Factors for Deep Vein Thrombosis

- Sedentary lifestyle or excessive travel requiring you to sit for long periods – especially if you sit with your legs or feet crossed
- Limited mobility – confinement to bed or wheelchair
- Recent surgical procedure or invasive procedure – particularly of the pelvis, abdomen, hip, or knee
- Smoking
- Hormonal medications such as birth control or hormone replacement drugs that contain estrogen
- Hip or knee replacement surgery
- During pregnancy or post-delivery (3 months)
- Traumatic injury resulting in deep bruising, lumps, or bone breaks
- Obesity
• A family or personal history of varicose veins or blood clots
• History of heart disease, stroke, or paralysis
• Cancer or cancer treatments
• Irregular heartbeat (cardiac arrhythmia)
• Being 65 years or older
• Having thicker (more viscous) blood

Approximately 70% of all blood clot patients either exhibit known risk factors or experience an event (surgery or physical trauma) that provokes the occurrence. However, 30% of blood clot patients have no known risk factors or life events that provoke a clot.³

The U.S. Centers for Disease Control and Prevention (CDC) estimates that 50% of those who survive a blood clot experience will have long-term complications for the rest of their lives and one-third will have a recurrence within 10 years of the first clot. Pain, discoloration, or scaling in the affected limb are common.⁴

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50% of those who survive a blood clot experience will have long-term complications for the rest of their lives.
PART TWO:
WHY BLOOD VISCOSITY MATTERS

Having high blood viscosity (how thick or sticky your blood is) not only increases your risk of blood clots, it also puts you at higher risk for heart disease, high cholesterol, stroke, metabolic syndrome, neurodegenerative disease, and diabetes.

If you’re concerned about your blood viscosity, request a complete blood count from your doctor.

Blood viscosity determines how your blood flows through your blood vessels, how hard your heart must work to pump the blood, and the friction caused to your vessels from blood flow.

High viscosity blood can directly affect the amount of oxygen and nutrients delivered to your cells and organs.

Over the last two decades, there’s been an obsession with lipid metabolism (cholesterol or fat). While mainstream medicine is worried about cholesterol, they’re ignoring high blood viscosity and the blood clots they cause – that lead to most fatal heart events.

A study from Edinburgh University in the United Kingdom showed conclusively that your blood viscosity (free-flowing vs. sludging characteristics) is crucial.

In other words, it’s not just the quality of your artery walls that matters – it’s the quality of your blood itself.
Raised blood viscosity is at least as important as blood pressure and “bad” cholesterol (LDL) in predicting death by heart attack.

The Edinburgh researchers showed that high blood viscosity is a more serious risk factor of heart attack than smoking.15

Only those profiting from the outdated (and incorrect) belief of chasing cholesterol levels will fail to act on this research and incorporate it into the care of their patients.

Pharmaceutical companies disregard the evidence these scientists discovered because cholesterol-controlling statin drugs are still their number one profit earner worldwide.

Groundbreaking Study Explains Blood Viscosity

The Edinburgh Artery Study, as it’s called, looked at a random population of 1,592 men and women aged 55 to 74 years, who were followed over a period of 5 years.

After adjustment for age and gender, the levels of blood viscosity and a related measurement were consistently raised in patients who had experienced a bad cardiovascular event, such as a heart attack or stroke.
In a seminal report just prior to the publication of the Edinburgh Artery Study, Louisiana State University pathologist Gregory Sloop proposed that high blood viscosity is the one unifying mechanism that makes sense out of all currently accepted cardiovascular risk factors, including LDL cholesterol, high blood pressure, diabetes, obesity, and smoking.6

Numerous published studies have confirmed the link between blood viscosity and the following cardiovascular risk factors:

- Hypertension 7 8 9
- Hyperlipidemia (positive correlation with LDL cholesterol, total cholesterol, and triglycerides; negative correlation with HDL cholesterol) 10 11 12
- Diabetes, insulin resistance syndrome, and obesity 13 14
- Tobacco smoking 15
- Male gender vs. premenopausal women 16 17
- Aging 18

Many researchers agree that blood viscosity is uniquely suited to predict the entire course of cardiovascular disease.

High blood viscosity holds certain similarities with high blood pressure. Like blood pressure, the viscosity of blood changes during each cardiac cycle and is reported using two numerical quantities: systolic and diastolic viscosity.

However, while blood pressure is a parameter of the circulatory system as a whole, blood viscosity is a parameter specific to the fluid flowing through the system. Therefore, viscosity can be said to be more fundamental than pressure.

What’s To Be Done about High Blood Viscosity?

You need to make sure that, if you are in medical care, your physicians are using viscosity measurements to monitor your risks.

If they are not, demand they do or change to a different physician.
A simple and effective fix is getting plenty of omega-3 in your diet! It’s naturally anti-inflammatory, slows blood clotting, and “thins the blood.”

Getting enough omega-3 in your diet is essential to heart health. It is naturally anti-inflammatory, slows blood clotting, and “thins the blood.”

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When a Blood Clot Enters Your Lungs

If the particles that break loose from a clot end up in your lungs, it’s known as a pulmonary embolism and is instantly an emergency room scenario that cannot be ignored or delayed.

You must seek immediate medical attention.

**Symptoms of Pulmonary Embolism**

- Difficulty breathing
- Persistent cough (sometimes with blood)
- Pain in your chest
- Rapid heartbeat
- Feeling dizzy or faint
Low-grade fever

You need to do everything possible to improve your body’s “delivery system” (the blood). Put an end to high viscosity blood and thin it back to normal. Improve your heart health, boost the blood flow to your brain, and prevent blood clots.

Alternatives to Anticoagulant Drugs

Conventional medicine’s response to blood clots is to prescribe an anticoagulant – also known as a blood thinner. The side effects of these drugs include the inability to stop bleeding if you cut yourself.

If you have a wound that won’t clot, go to the emergency room – let them know you’re taking a prescribed blood thinner.

Prevent Blood Clots and Improve Blood Viscosity (Naturally)

- Avoid wearing excessively tight clothing (especially when traveling)
- Occasionally elevate your legs (6 inches above the level of your heart)
- Move around for at least half an hour each day
- Ask your doctor about non-hormonal birth control options
- Consider compression stockings if you have multiple risks for blood clots
- Lower the amount of salt in your diet (dump the junk!)
- During long periods of travel, take time to move or stretch
- Quit smoking
- Be cautious of “impact” injuries to your arms or legs
- Keep your feet flat on the floor while sitting (don’t cross your ankles)
- Drink plenty of water
PART THREE:
HEART DISEASE ISN’T “GAME OVER”

No matter who you are, where you live, your background, gender, education, or economic standing, you must protect your heart. **Heart disease is the #1 killer in the world of both men and women.**

According to the World Health Organization (WHO), heart disease claimed the lives of **17.7 million people globally** in 2015 alone (a number that’s expected to exceed 20 million annually by 2030).

With an entire month dedicated to pink and the celebrity campaigns surrounding cancer, it isn’t your biggest threat. [Side note: due to our toxic environment, cancer is catching up.] Additionally, with cancer, you have time to weigh your options. You have time to settle your affairs. It doesn’t take you instantly, without warning.

**Sudden cardiac death (SCD) leaves you no time.**

More than 300,000 adults in the United States die from a cardiac event resulting from a **sudden loss of heart function.** It accounts for half of all heart disease deaths.

Men are twice as likely to experience sudden cardiac death than women. Los Angeles cardiologist Dr. Noel Bairey Merz explains this unusual gap between the genders regarding SCD, “The fatty build-up of plaque in a coronary artery causing a heart attack will usually rupture or **explode** in men. In women, it will often be a much smaller, more subtle event, caused by **erosion**, not explosion.”
The truly starting statistic is the average age for sudden death in adults. You may be surprised to learn that SCD occurs most often in men between the ages of 35-45 years old – not the elderly.

In more than 50% of cases, there were no prior symptoms to alert the patient that there was a problem. Sometimes, a person experiencing a cardiac event may feel dizzy or feel as though their heart is racing.

Risk Factors for Sudden Cardiac Death

- Prior cardiac event or artery disease
- Smoking
- Obesity
- Diabetes
- Drug use
If you present with arterial damage and your cardiologist tells you replacing the damaged tissue close to your heart is sufficient treatment, you need a second opinion.

If your doctor isn’t going to protect your heart, then it’s up to you.

Your arteries are the “plumbing” system of your body. Pumping blood and nutritional requirements to every organ such as the kidneys, liver, and brain. When they malfunction, none of your key body functions are getting what they need.

**The Family History Myth**

Most doctors like to talk about “family history” as being one of the biggest factors of heart disease.

What this usually means is that one generation passes their lifestyle and eating habits on to the next generation. If these healthy habits include proper nutrition and regular exercise, your risk is going to be lower. If you were raised on fried foods and eight hours of television each day, chances are you aren’t going to enter adulthood with habits that keep your heart strong and your arteries healthy.

The general impression is that if you have a bad “family history” when it comes to heart disease, you’re doomed.

*Nothing could be further from the truth.*

Not only can you prevent damage to your cardiovascular system and keep your arteries healthy – you can repair much of the damage that has already been done.

**The 5 Lifestyle Rules that Change Everything**

There are five simple health strategies can make all the difference – no matter your gender, age, or family history.

1. Eat healthy food (more fruits and vegetables).
2. Drink alcohol in moderation
3. Do not smoke.
4. Maintain a healthy body weight (particularly around the abdomen).
5. Implement a regular exercise regimen.

According to research done at the Karolinska Institute in Stockholm, choosing to do any one of these lifestyle changes tends to lower your risk of a deadly cardiac event between 10-30%.

However, combining all four lowers your SCD risk by an incredible 92% overall. That’s a powerful way to protect your heart!

Dr. Agneta Akesson explains, “Our study shows the great effect you get from each of these and by combining them. It’s quite a simple health message, and you can do them by yourself.”

The study included more than 24,000 women participating in the national health survey. The women with the best numbers overall ate a diet that consisted primarily of vegetables, legumes, and fish.

The researchers determined that 75% of cardiac events could be prevented by following these guidelines.
Don’t Neglect Your Arterial Health

Not looking after your “plumbing” can result in blood clots, aneurisms, and narrowing of your arteries. All of these can lead to heart attack and stroke. Arterial degenerative disease causes half of all deaths in the Western hemisphere.

What is usually overlooked is brain health. Without adequate blood flow, the brain gets disoriented and doesn’t process information as quickly. Long-term starvation of your brain may lead to dementia.

Your body’s natural detoxification system – liver, gall bladder, kidneys, and so on – needs blood flow functioning at peak to work efficiently.

The old saying, “a man is only as old as his arteries” could not be truer. Protecting your heart ensures you fight aging and disease from the inside out.

Arterial degenerative disease causes half of all deaths in the Western hemisphere.
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