



Mark A. Stengler, NMD

NATURAL WAYS TO KEEP YOUR ARTERIES CLEAR

I have written in previous issues of *Natural Healing* about natural approaches to preventing or reducing arterial plaque, a major risk factor for heart disease. The following is a quick summary of what I prescribe...

■ **Superoxide dismutase (SOD).** *Active ingredient:* GliSODin. Take 250 mg twice daily with meals. Because it contains wheat protein, those allergic to wheat or gluten should not take SOD. Also, SOD is not recommended for pregnant women or children younger than age 12.

■ **Pomegranate juice.** Two ounces daily.

■ **Tocotrienols (a type of vitamin E).** 300mg daily.

■ **Aged garlic extract.** 4 milliliters (ml) of liquid or 600 mg of capsule form daily.

■ **Fish oil.** 2,000 mg of the omega-3 fatty acids *eicosapentaenoic acid* (EPA) and *docosa-hexaenoic acid* (DHA) daily.

■ **Vitamin K2.** 150 micrograms (mcg) daily.

If you are on blood-thinning medication, check with your doctor before taking any of these supplements. ■ ■

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