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\*PROTOCOLS FROM THE DESK OF DR. ANTHONY MARTIN

## **HEART HEALTH PROTOCOL**

### **Pathology:**

Heart disease is caused by chronic inflammation resulting in endothelial dysfunction. Chronic inflammation is caused by high circulating insulin, free radical damage, high cortisol, low B12, low nitric oxide, and high homocysteine levels.

**OFFICE USE ONLY**

Protocol: How To Age-Proof Your Heart

**Heart health requires low insulin eating and right nutrients.**

### **LOW INSULIN EATING:**

SKR diet (Serial Killers Revisited Low Carb Program)

### **NUTRIENTS:**

- B12** - To help raise Nitric Oxide and Lower Homocysteine.
- Pine Bark Extract (Navitol)** - Increase Nitric Oxide, Fight Free Radicals, Fight Inflammation.
- DHA** - To help Fight Inflammation, Lower Triglycerides.
- Curcumin** - To help Fight Inflammation, Fight Free Radicals
- Vitamin D** - To help Fight Inflammation

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\*All protocols from the desk of Dr. Anthony Martin are for internal use only at the Martin Clinic. This information is for educational purposes only and does not constitute health advice.