

## **Heart Confession**

I call the Kingdom of God—which is God my Father, Jesus, Holy Spirit, Word of God—into my heart valves, heart chambers, heart cells, heart tissues, and heart beat in the name of Jesus. I have a perfect heart beat and my heart beats with the rhythm of life. The blood and oxygen flows to every cell in my soul and body restoring life and health around the clock. My blood pressure is 125/80 \_\_\_\_\_ and my arteries, vessels, veins, and capillaries are open, clean, clear, healthy, healed, and elastic while carrying my blood and the life of God throughout my soul and body in the name of Jesus. I have a new heart that is strong and not weak, healed and not sick, and every heart beat carries the life and light of the Kingdom of God to every cell of my soul and body. I have a strong heart. Every heart beat floods my soul and body with life and light and cleanses me of disease and pain. I call in new autonomic, vagus and enteric nerves in my **heart**, soul and body in the name of Jesus

My cardiovascular system cells and cardiovascular system is working perfect in the name of Jesus. There are no obstructions in my cardiovascular system and my blood flows smoothly throughout my soul and body in the name of Jesus. I have long life and health flowing in my blood stream.

I command my immune system and blood cells to destroy every parasite, disease germ, weakness, malfunction, sickness, and virus in my soul and body in the name of Jesus. I command all pain to come out of my heart and body, and every cell to work perfect in the name of Jesus.

I call in a new heart, I call in a new heart, and I call in a new heart with a perfect heartbeat in the name of Jesus.

## **Heart Disease and what to do about the problem and how to extend your life**

Cholesterol does not cause majority of the heart disease. Cholesterol levels do not predict heart attacks. Try to keep your cholesterol above 200. If you are above 75 years old the higher your cholesterol the longer you will live. **Inflammation** causes most heart problems. Keep your inflammation down and your arteries, vessels, veins, and capillaries will stay open and clean. **Homocysteine's** measures the arterial inflammation in you cardiovascular system. Homocysteine levels are a better predictor of heart disease and stroke than cholesterol. Homocysteine levels should be between 4-15. Try to keep your level below 8. These supplements daily will keep your homocysteine levels in check: **1.)** B2-25 milligrams; **2.)** B6-25 milligrams; **3.)** B12-500 micrograms; **4.)** B9 (folate acid)-800 micrograms. **5.)** You can also take Trimethylglycine (TMG)-1,000 milligrams (cleanses your liver). The cause of inflammation is vegetable oils, trans fats, excess sugar, high fructose corn syrup, MSG, aspartame, soy, malted barley flour (in breads and beer) carrageenan, fluoride, pesticides, etc.

**C-reactive protein (CRP)** is a very effective predictor of heart disease. When the body experiences acute inflammation, injury, or infection anywhere (including the arteries), the liver releases CRP. CRP measures the total inflammation in your body. Your CRP level should be <2.5, and try to keep it below one. Get both the CRP and homocysteine blood tests from your doctor. Take astaxanthin (as-ta-zan-thin) 4 mg to 8 mg a day. Exercising can lower CRP as much as 30 percent.

**Triglycerides (TGLLP)** are the fat cells in your blood. The level should be below <150. High Fructose Corn Syrup (HFCS) will cause your triglycerides levels to soar, and it can cause liver disease, kidney disease, diabetes, and other diseases. Obesity, too much alcohol, underactive thyroid, sugar, and estrogen dominance can cause triglycerides to soar. Get a blood test for triglycerides (TGLLP) from your doctor.

**Mitochondria (mi-to-chon-dri-a):** Most all cells in the human body (with the exception of mature red blood cells, which lack a nucleus) have power plants known as mitochondria which vary in number by tissue type, ranging from a few to several thousand per cell. The mitochondria are often described as the “power-plants” of the cell because they are responsible for generating adenosine triphosphate (aden-o-sine tri-phos-phate—ATP), the chemical energy source that fuels **all** cellular functions. ATP is literally your body’s source of energy. ATP is the fuel cells burn to perform their tasks. The vitality of **all organs** in the body—especially those with high energy requirements like the heart and brain—depends on healthy mitochondrial function. **Pyroloquinoline quihnone (PQQ)** will increase the number of mitochondria

(power plants) in the cells of your body. To increase your mitochondria use CoQ10 (ubiquinol) 50 mg a day (I take 100 mg twice a day), and 10 mg of PQQ per day, d-ribose 5 mg for energy if needed.

### **Epithelial (ep-i-the-le-al) and Endothelial (en-do-the-li-al) Cell Barrier (ECB)**

Most irregular heartbeat, erratic heart action, or atrial fibrillation is caused by damaged **endothelial** cells in the lining of the heart. When the **endothelial** lining of the small intestine get damaged it causes leaky gut, irritable bowel and all kinds of problems. When the lining of the bladder, prostate, lungs, brain, endocrine (glands) system, blood vessels, lymphatic, and other soul and body parts get damaged there are some major problem with your health. More than 80% of all cancers are carcinomas, which always start in damaged **endothelial** cells. Five grams 4 times a day for 6 months or more of L-Glutamine power, free form, will normally correct the problem. Epithelial cell cover the outside of your skin and other places.

Some of the causes of endothelial cell damage are fluoride, bariatric surgery, hypothyroidism, statin drugs, toxins, pollutants, vegetable oils, unnatural fats, antacids, and candida.

**Endothelial (en-do-the-li-al) Cell Barrier (ECB)** protects the arteries, vessels, veins, capillaries, and every other organ system from the inside out in your soul and body. It shields you from attacks of sickness and disease on the insides. There is a “cellular trigger” that causes inflammation and diseases that comes out of your DNA. At the end of each strand of DNA there is a genetic material called the **telomere (tee-lo-mere)**. Telomeres are the “caps” at the end of each chromosome. Chromosomes consist of one long double-helix DNA covered with protein. Your chromosomes are the blueprints of life and are packed together in the nucleus, or center, of every one of your cells. The telomere is the part of your chromosome that controls aging. And every time your cells divide your telomeres get shorter. And when your telomeres finally run out, cell division stops and life comes to an end for that cell. But there is more to it than that. As you age and your telomeres get shorter and your body produces cells that are older, weaker, and more decrepit. In fact, the shorter your telomeres, the “older” your body is, regardless of your actual age. Your telomeres “tell” or instruct your cells how to behave based on how old they are.

As for your endothelial cell barrier, or ECB, short telomeres light the match that ignites inflammation. When you slow the loss of your telomeres, you can extend the youthful quality of your blood vessels, reduce inflammation, and avoid disease altogether. Remember, telomeres are the caps at the end of each chromosome. You have twenty three pair of chromosomes in each cell. Some say we have 100 trillion cells in our bodies.

At its most basic level inflammation is a natural defense mechanism our bodies use to protect us. A healthy inflammation response is essential for life. **Chronic inflammation** on the other hand, is a condition where a particular area is always irritated, swollen and inflamed. And it’s chronic inflammation that destroys the ECB. Your ECB can be as thin as a single layer of cells that wrap the inner lining of your blood vessels and inside of your organs. Chronic, round-the-clock inflammation can weaken and eventually destroy this vital, protective covering. New studies suggest the telomere is the controlling element, and ultimate trigger for the kind of chronic inflammation that leads to heart attacks, stroke, heart disease, and mental decline. When you control the length of the telomere, you can stop and reverse the damage caused by chronic inflammation. This will also slow down aging and help to prevent sickness and disease

**Telomerase (te-LOM-er-ace)** is the enzyme that “rebuilds” your telomeres. In our cells, this enzyme is “turned off.” That means there’s usually no way to stop the loss of your telomeres, or to rebuild them. Dr. Al Sears, M.D. for anti-aging medicine says there are a handful of nutrients that are proven to not only prevent the loss of the telomere, but to activate telomerase and rebuild the telomere.

Here are the best of these newly discovered activators for telomerase: **1.) Resveratrol 10 to 20 mg per day; 2.) Green Tea (EGCG) 50 mg of ECGC daily; 3.) N-Acetyl-Cysteine (NAC) 1,800 mg to 2,400 mg a day; 4.) Vitamin E mixed tocotrienols 20 mg (I use 400 a day); 5.) L-Carnosine 500 milligrams twice a day; 6.) L-Arginine 500 mg to 1000 mg a day; 7.) Vitamin C 1000 mg per day; 8.) Vitamin D3 2,000 IU per day; 9.) Milk Thistle (Silymarin extract) 200 mg in capsule form twice a day with 80% silymarin; 10.) Ginkgo Biloba between 40 mg and 80 mg daily and cycling every 4 to 6 weeks, take it every other 4 to 6 weeks; 11.) Folate Acid 2 mg to 5 mg daily; 12.) Acetyl L-Carnitine daily amount of 1000 mg; 13.) I-carnitine 1000 mg in liquid form at one tablespoon a day.**

## SUMMARY

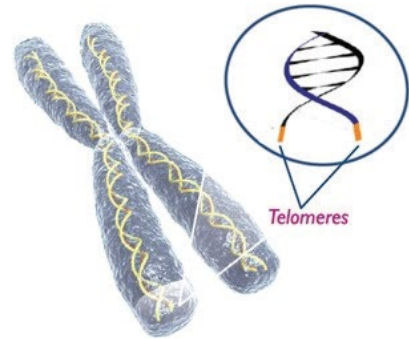
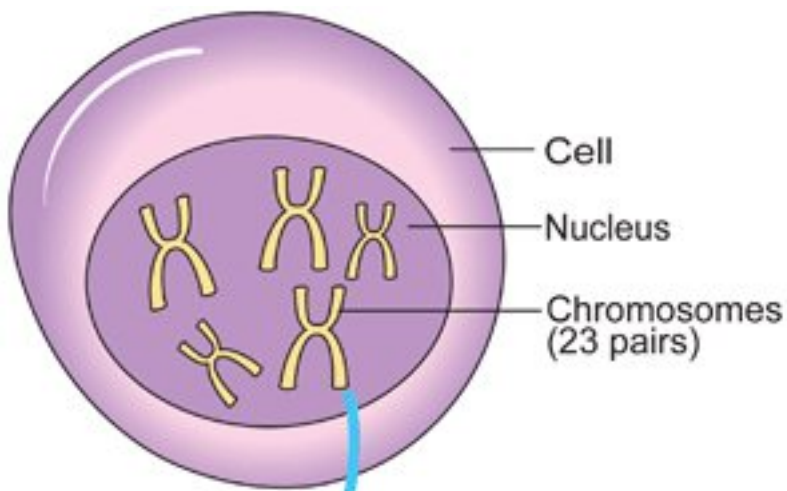
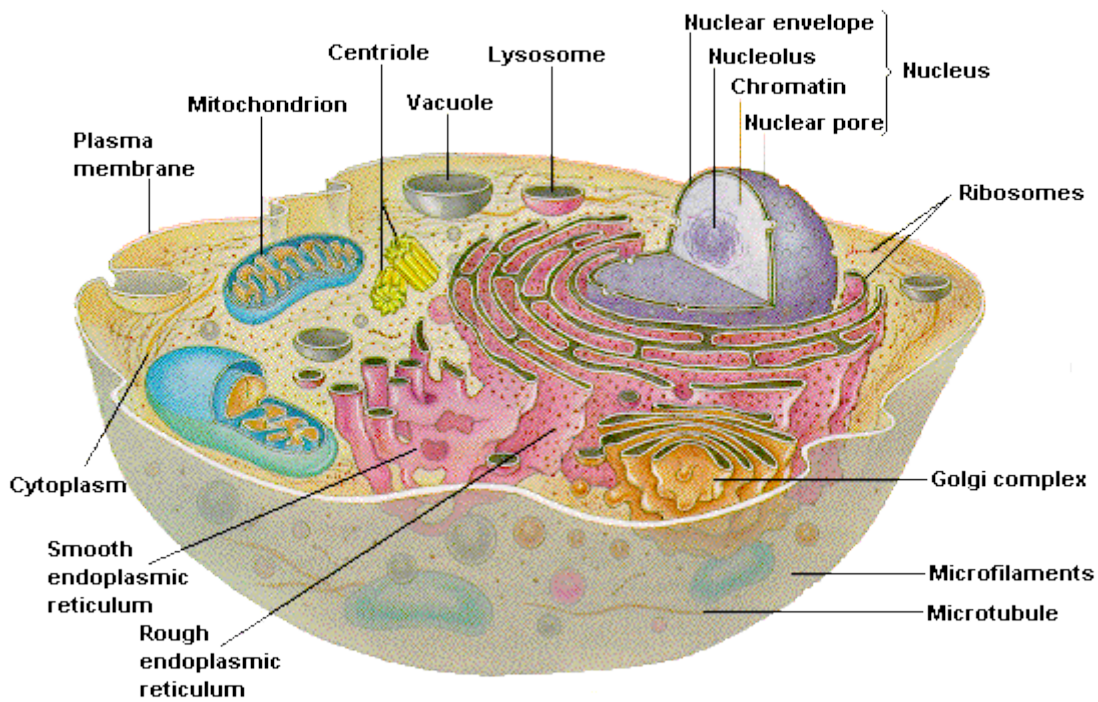
1. Cholesterol does not cause heart disease. Inflammation causes most heart problems.
2. Homocysteine's measure arterial inflammation. Keep homocysteine's below 8.
  - A. B2-25 mg. B6-25 mg. B12-500 mcg. B9 (folate acid) 800 mcg. TMG-1000 mg per day to cleanse your liver. This should keep your inflammation down to normal.
3. C-reactive protein (CRP) is acute inflammation. It should be below <2.5 and try to keep it below one. Take astaxanthin (as-ta-zan-thin) 4 to 8 mg a day and exercise to help keep it down.
4. Triglycerides (TGLLP) is the fat cells in your blood. Keep level below <150.
5. Mitochondria is the power plants in your cells and they produce ATP to fuel all cellular functions.
6. Endothelial Cell Barrier (ECB) protect arteries, vessels, veins, capillaries, heart, and other organ system from the inside out. Endothelial is the lining in your heart, bowels, small intestine, gut, bladder, prostate, lungs, brain, glands, lymphatic, and blood vessels, plus other areas of your soul and body. Epithelial cells cover the outside of your skin and they are in other areas of your body.
7. Telomeres are the caps at the end of your chromosome that control your health and aging.
8. Telomerase is the enzyme that rebuilds you telomeres.

## HEART CONFESSION NUMBER TWO

1. I call in the Kingdom of God—which is God my Father, Jesus, Holy Spirit, Word of God—out of my spirit into every subatomic particle of every atom and cell of my soul and body. I command my cholesterol to be around 220 \_\_\_\_\_.
2. I command the inflammation and homocysteine's in my body to be below **eight** in the name of Jesus, and my arteries, vessels, veins, and capillaries to stay open, clean, clear, and flexible in the name of Jesus.
3. My C-reactive protein (CRP) and acute inflammation level is below **one** in the name of Jesus.
4. My triglycerides (fat cells) in my blood are below <150.
5. The mitochondria (power plants) are strong and healthy with the proper number in each cell, and they are generating ATP to fuel the chemical energy for all cellular functions. My cells are strong and not weak; healed and not sick.
6. My Endothelial cells in the lining of my heart, bladder, prostate, lungs, brain, glands, blood vessels, veins, and other soul and body parts are strong, healthy, healed, with no malignant cells in any soul and body part in the name of Jesus.
7. My Endothelial Cell Barriers (ECB) protect the arteries, vessels, veins, capillaries, and every other organ system from the inside out in my soul and body in the name of Jesus. It shields me from attacks of sickness and disease on the inside in the name of Jesus.
8. My telomeres which are caps on the end of my chromosomes are embedded with long life and health, and they are long and not short in the name of Jesus. My telomeres will always be long and strong, and I will live a long live until I am satisfied in the name of Jesus.
9. My telomeres do not produce **chronic** inflammation that leads to a heart attack, stroke, heart disease, mind decline, or any sickness or disease in the name of Jesus. My heart will never attack my soul and body in the name of Jesus.
10. My Telomerase is the enzyme that rebuilds my telomeres. My telomerase are activated and my telomeres are being rebuilt continually in the name of Jesus.
11. Because I take communion I have the flesh, blood and DNA of Jesus and the Holy Spirit flowing in my bloodstream. They have removed all sickness and disease from my soul and body and put every system and cell into a perfect working order bringing long life and health in Jesus' name.
12. My blood pressure is 127/77 \_\_\_\_\_ with a pulse rate in the 60's \_\_\_\_\_.
13. I remove all stress and pressure from my soul and body and call in peace with the name of Jesus.

You can purchase the vitamins from: [www.swansonvitamins.com](http://www.swansonvitamins.com) Phone 800-437-4148

Dr. Al Sears MD Anti-aging doctor [www.alsearsmd.com](http://www.alsearsmd.com) Phone 866-792-1035



The telomeres are the “protective tips” or “caps” at the ends of each strand of DNA. As a whole, your DNA contains the blueprint or program for EVERY cell in your body.

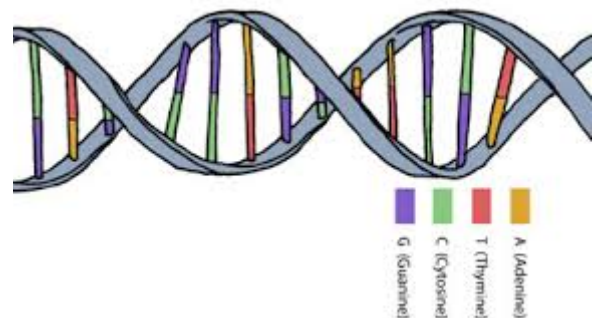
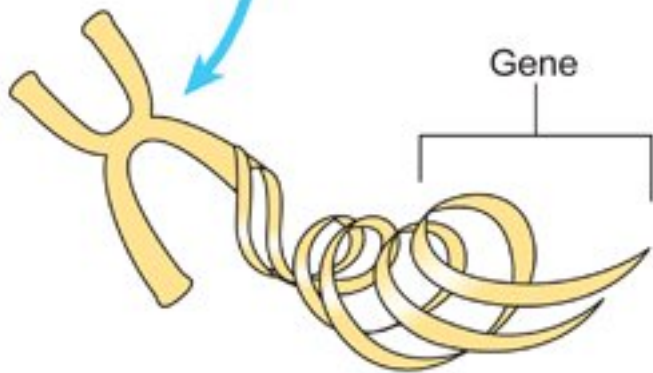


Diagram of a chromosome in a cell  
Copyright © CancerHelp UK