

Traditional Naturopathic Doctor
Cathy E. Atkinson, ND

Blessed By Nature

SPECIALTY SUPPLEMENTS



Cathy Atkinson, ND

Traditional Naturopathic Doctor

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Just Say “YES” to “NO” (Nitric Oxide) Cathy’s Cardio Care – A Superior Formulation made specifically for your body to create its own “Miracle Molecule” – Nitric Oxide

Benefits of Cathy’s Cardio Care:

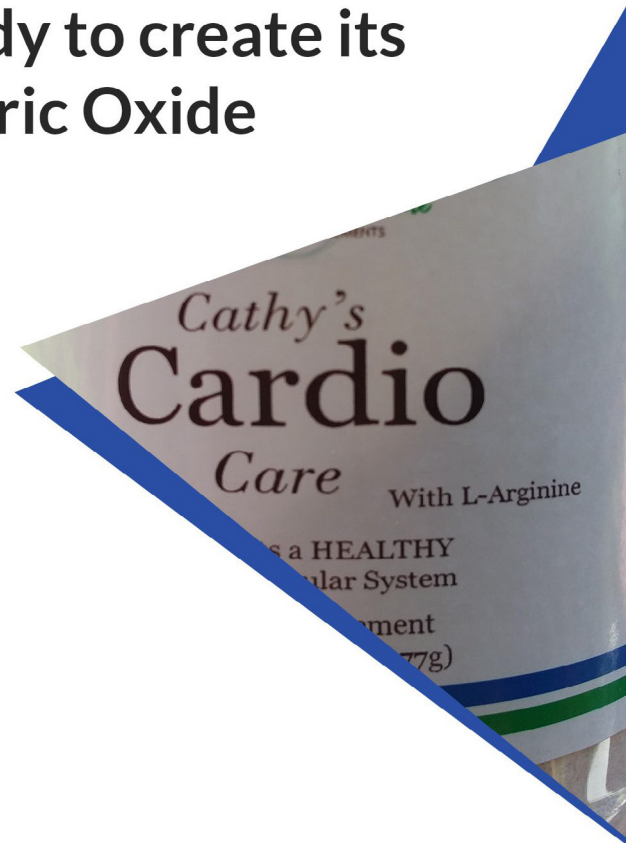
- Improved cardiovascular health
- Reduced Inflammation, i.e. Pain and Disease
- Increased Energy
- Better Sleep
- Blood sugar balance
- Powerful antioxidant
- Sharper brain function
- Youthful Skin
- Enhanced Erectile Function

Combines Nobel Prize winning blend of:

- 5 grams – L-Arginine
- 200 mg – L-Citrulline
- 5000 iu’s of Vitamin D3
- Plus, many vital nutrients that boost nitric oxide production within your body Including Hawthorn Berries, the ultimate heart food. Other ingredients: cane juice crystals, citric acid, malic acid, natural flavors, beet color, potassium citrate, stevia leaf extract CATHY’S CARDIO CARE is superior to other L-Arginine based supplements in that it contains AstraGin, a clinically proven dietary ingredient that works in the intestines to improve absorption of essential nutrients. AstraGin is included in the top health products on the market today and adds optimal health value to the CATHY’S CARDIO CARE formulation. *

Advantages of Buying Cathy’s Cardio Care

- Work directly with Traditional Naturopathic Doctor (with personal and professional experience)
- Access to formulator and manufacturer of this L-arginine based product
- Manufacturer guarantees highest level of quality ingredients that are 100% certified organic, non-GMO and gluten-free. No synthetic ingredients ever.
- Synergistic formula based on Nobel Prize winning blend of L-arginine, L-citrulline, Vitamin D3, vital nutrients that boost nitric oxide production in your body



ADDITIONAL PRODUCTS & SERVICES

Complementing Use of Cathy's Cardio Care

Fabulous Five

1. **Cathy's Cardio Care** (16.82 oz – 30 servings) - Nitric Oxide Booster, Antioxidant – **Retail \$48.00**

Let your body feel its best:

Improved Cardiovascular Health | Powerful Antioxidant | Increased Energy | Sharper Brain Function | Balanced Hormones | Youthful Skin | Better Sleep | Enhanced Erectile | Blood Sugar Balance | Function/Reproduction | Reduced Inflammation | and more...

2. **Cathy's CoQ10** (100 mg /60 softgel capsules) – **Retail \$40.00**

Historically used for:

Cardiovascular support – Cholesterol support – Blood pressure support – Promote energy – Intestinal problems – Immune support – Headaches – Age related problems

Extensive research has shown that adequate amounts of CoQ10 are necessary to healthy metabolism and organ function. CoQ10 supplements are often used to aid in recovery from heart surgery and there is a mounting body of evidence that CoQ10 can play a substantial part in preventing heart disease as well as in the treatment and prevention of a number of age-related disorders.

3. **Cathy's Krill** (42 times more effective than plain Omega 3 fish oil) – reduces inflammation, natural blood thinner, essential for joint, heart, and brain health. – **Retail - \$40.00**

Cathy's Krill is a well-designed proprietary blend of essential fatty acids known as Omega 3, 6, and 9 derived from Krill Oil. **Cathy's Krill** is "essential" because the body needs fatty acids for the production and rebuilding of new cells while working as chemical messengers to the entire body. The body does not make essential fatty acids, that is why it is so important to receive them through diet or, in this case, a well formulated dietary supplement. NOTE: I also offer Omega 3 DS – 60 softgel capsules as well – only \$24 and 120 count – only \$49.

4. **Cathy's D-Ribose** – **Retail \$40.00**

A comprehensive formulation of over 50 important nutrients designed to help support the body in managing high blood pressure, cholesterol levels, and heart health. In addition, there is also an abundance of nutrients included that many scientists believe may play an important role in assisting the body to extend the life span well beyond the average years in good health.

May be useful for: Blood Sugar Balance, Lean Muscle Building, and Heart Rhythm Support.

5. **Cathy's Chelate Care (oral chelation)** – **Retail \$44.00**

What is Chelate? An alternative therapy that is used to remove excess or toxic metals or minerals from the body. It is a comprehensive formulation of over 50 important nutrients and E.D.T.A. designed to help support the body in managing high blood pressure, cholesterol levels, and heart health. In addition, there is also an abundance of nutrients included that many scientists believe may play an important role in assisting the body to extend the life span well beyond the average years in good health.

Cathy's Chelate Care is one of the most scientifically advanced daily vitamin formulas developed for anyone who wants to build a long lifetime of good health.

Digital Pulse Wave Analyzer (DPA) Screening

Dr. Cathy gives her clients a Heads-Up on Arterial Stiffness and Heart Disease!

Why is this Important?

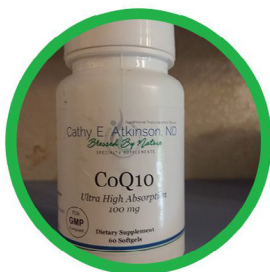
1. Heart disease is the leading cause of death – claiming more than 1M lives a year in U.S.
2. Cardiovascular disease responsible for more deaths than the next 9 causes of death combined
3. Many times the first and only symptom is heart attack or stroke (ask me about my story)
4. Economic cost of coronary artery disease (CAD) is more than \$503 Billion a year
5. Every 3 minutes one stroke-related death occurs
6. More women die every year of cardiovascular disease than of breast cancer (12 times as many)
7. Nearly 30% of Americans have high blood pressure – a leading cause of death and disability

How this can help you?

- Equipment for use by doctors, chiropractors, naturopaths who wish to have clear picture of their clients/patients arterial health
- Early detection of stiffness in the arterial wall
- Biological age of patients/clients arteries
- Information regarding best treatment/recommendation choices
- Ability to monitor the arterial wall response to lifestyle/health changes
- Prognosis and reduction of cardiovascular risk factors
- FDA-Cleared and Billable
- Non-Invasive – uses a small clip placed over client's/patient's finger detects changes in pressure, blood flow and velocity through full arterial pulse wave cycle

User-Friendly Operation

- Simple procedure
- Quick 1-3-minute measurement time
- Convenient operation by automatic measurement/analysis



**YOUR CIRCULATORY / CARDIOVASCULAR SYSTEM AFFECTS EVERY SYSTEM IN YOUR BODY.
If you think you don't have an issue with this, perhaps you know someone who does. I can help.**

FAQ (FREQUENTLY ASKED QUESTIONS)

For best results, how should you take Cathy's Cardio Care?

For best results, Cathy's Cardio Care should be taken on an empty stomach – not with meals. Specifically, do not take this product with proteins since the amino acids in Cathy's Cardio Care compete with the protein. Depending on the individual, there are a couple of different ways to drink Cathy's Cardio Care to get good results. One way is to put 1 scoop in 10-20 oz. water (or more scoops/water as needed) and sip slowly throughout the day. Another way is to take it first thing in the morning on an empty stomach, wait an hour if you are eating a protein meal. Or take it mid-morning and mid-afternoon and early evening – it all depends on how often you want to take your Cathy's Cardio Care and what works best for you personally.

How much does one take? Can you take too much?

Experience has shown it is best to start slowly (1 scoop) and sip that slowly throughout the day. According to the vast amount of research, taking less than 5 grams (1 scoop Cathy's Cardio Care) of L-arginine/day may not provide enough nitric oxide boosts to notice much of a difference. The more significant the health issue, the more Cathy's Cardio Care can be taken. For maintenance, 2 scoops /day is recommended. We do not believe you can overdose on this blend. Generally, if you take too much, you may develop loose stools or feel nauseated. Note – the synergistic blend of L-arginine and L-citrulline with Vitamin D3 and antioxidants are essential – do not take L-arginine alone.

Is this gluten-free? Yes

Are there any derivatives of egg or seafood in the Cathy's Cardio Care? No

Can people with celiac disease take this? Yes

Is this safe for children and infants? Yes – in appropriate amounts.

Is it safe for a person who is on medications?

The synergistic blend in Cathy's Cardio Care allows for better digestion and absorption of all nutrients, including medications. When one sips the blend throughout the day, we have seen no negative interactions with medications or nutrients. However, it is best to work with your medical provider and advise him/her that you are taking an L-arginine-based product. They may want to adjust the level of your medications.

Would a person on an anti-depressant or anti-anxiety medication be able to take it? Should they?

See above comment. No one should ever discontinue taking any medications, especially for depression and anxiety, without working with their medical provider. Some practitioners suggest taking additional B-Complex vitamins. We have seen great results helping non-medicated people with depression and anxiety. According to the formulators of Cathy's Cardio Care, they believe that people taking anti-depressants should take amino acids, such as what is found in Cathy's Cardio Care.

I've heard L-arginine will cause a flare-up in herpes? Is there something one can take to prevent this?

Herpes and shingles flare-ups can occur with an L-arginine product. It is recommended to add 1000 mg of L-lysine to your protocol, taken in the evening. It is best to wait about 8 hours after taking Cathy's Cardio Care before taking L-lysine. This seems to work well for most people.

How about someone with candida/yeast infections? Will this aggravate their condition?

It would depend on the severity of the issue. The sugar content is only 5 grams of natural cane sugar per scoop, significantly less than even 6 ounces of Greek yogurt. It is suggested one start by taking the least dose and adjusting as tolerated. Dietary changes are necessary and one might consider taking additional probiotics.

What is the deal with HGH in Cathy's Cardio Care? Or is this a precursor to HGH?

There is no HGH in Cathy's Cardio Care – the nitric oxide acts as a precursor and modulator to HGH, it does not make HGH. **Here is a most remarkable thing about all this chemistry conversion...**

- L-arginine is also the very specific amino acid that stimulates Human Growth Hormone!
- L-arginine stimulates the pituitary gland to produce (HGH) in our body!
- Human Growth Hormone is responsible for keeping us young with a vitality of energy and building strong body mass!

Can someone with diabetes take this with the 5 grams of sugar? Will it spike their blood sugar?

We are getting great results with diabetics and our arginine blend. We cannot, however, make health claims. Again, one needs to work with their health care provider and start their program slower and adjust as needed. We are finding that sipping throughout the day works best for almost everyone, especially people with serious health problems. I recommend people read any of Dr. Joe Prendergast's books or watch his U-tube videos. Dr. Joe is an endocrinologist and has worked with L-arginine for the past 20 years with amazing results.

Realize that there are upwards of 30 grams of sugar in an 8 ounce glass of juice. Cathy's Cardio Care has only 5 grams of evaporated cane crystals which metabolize differently than refined sugar. Cane crystals still have all the minerals.

Is there any situation where a person should NOT take Cathy's Cardio Care? Anyone with an organ transplant should not take Cathy's Cardio Care.

Do we need to take additional supplements when using Cathy's Cardio Care?

Yes, we recommend at least a good Multiple Vitamins with Minerals, Omega 3's, and CoQ10 - at the least. Please consult with your health practitioner for specific supplements to your personal needs. Check out the information on my Fabulous Five supplements for optimal heart support.

Beware of other companies riding the nitric oxide wave. Many companies put lots of nutrients in the same formula, and we have found they are not as effective when it is put in the same formula. Our formula is focused on supporting the cardiovascular system with key nutrients that boost the nitric oxide gas that is naturally-occurring in your body: in particular L-arginine. By adding L-citrulline (which converts to L-arginine making it more of a time-released effect), Vitamin D3, hawthorne, and other heart-healthy nutrients, you have a formula specific for the cardiovascular system with additional side benefits for reducing inflammation, brain health, and more.

When it comes to your heart, you need to feel confident in the reputation of your supplier, formulator, and manufacturer to provide you with the highest quality product available. You can count on us.



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