

Vascu-Calm Formula:

- **How to Use This Formula**
- **Benefits of This Formula**
- **Herbal Latte Recipe for Vascu-Calm**
- **Cautions: Vascu-Calm Formula**
- **Signs the Formula is Working**

Suggested Use: Shake well before use. Take one to two droppers full in 2 ounces water or juice 3 to 4 times daily. To evaporate alcohol, add dose to 2 ounces boiling water and let cool before consuming.

Adjusting the taste: If desired, add natural sweetener to taste – stevia and monk work great! If cayenne bothers your stomach, add 2 ounces of boiling water to a dose of this formula, allow to cool for around 5 minutes, then add a few ounces of nondairy milk (rice milk, hemp milk, cashew milk, oat milk, coconut milk, almond milk, etc.) Diluting the formula and adding the nondairy milk helps to reduce or even eliminate the burning effect of the cayenne.



Herbal Latte Recipe

This will make a nice coffee-like beverage that Disguises most, if not all of the taste of the formula



- 2 droppers **Vascu-Calm Formula**
- 2 ounces **Boiling Water**
- 12 drops **Liquid Stevia** (Hazelnut or other flavor)
- 1 tsp **Grain Coffee Substitute**
- 4 to 6 ounces **Nondairy Milk**

Put one dose in a coffee mug. Add boiling water, coffee substitute & let alcohol evaporate for about 5 minutes. Then add nondairy milk & stevia.

How much is a dropper full? (one dropperful means to fill up the dropper as much as it can fill. Squeeze the dropper two times quickly. You will see the dropper filling up. That's it. That's a dropper full. It usually looks halfway full. If you count the drops, it's about 30 to 35 drops.

Cautions: Garlic and ginger are very mild blood thinners. Do not take this formula if you are currently taking aspirin or a prescription blood thinner. If you are used to taking a lot of garlic, ginger and cayenne while on a prescription blood thinner, you might be able to get away with it, but I strongly recommend getting off of your prescription blood thinner and getting onto something safer such as a nattokinase supplement. Doing colon cleansing, liver cleansing and kidney cleansing all help to thin the blood naturally. Your blood has become too thick because toxins have accumulated in your body – in your kidneys, lymph, blood, liver and colon. If you clean out the toxins, the blood will naturally thin out again.

Use for Anxiety or Panic Attack:

- Start with 2 droppers full Vascu-Calm Formula by mouth. Wait a few minutes. If you didn't notice an improvement, take another 2 droppers full. Wait a few minutes. If you still didn't notice some relief, take another 2 droppers full.
- You can take up to 8 droppers full of Vascu-Calm if you are experiencing severe anxiety or a panic attack.
- You could also take 4 droppers of Vascu-Calm and 4 droppers of Peaceful Nerves for a panic attack.

Use in a Heart Crisis:

- Start with 2 droppers full Vascu-Calm Formula by mouth.
- Wait a few minutes.
- If you didn't notice an improvement, take another 2 droppers full.
- Wait a few minutes.
- If you still didn't notice some relief, take another 2 droppers full.
- You can take up to 8 droppers full if you are in a crisis (for example a spike in blood pressure or heart palpitations).
- If you think you are having a heart attack, you can take this formula or Healthy Heart Formula, and additional cayenne. For Cayenne, the starting dose is 1 dropper full, and again wait a few minutes for it to work. You can take up to 10 droppers of Cayenne Tincture for severe life-threatening heart issues. (This is the worst-case scenario - Most people will not need that much.)

Benefits of This Formula:

- Helps slow down rapid heartbeat

- Helps regulate heart rhythm
- Helps reduce anxiety
- Helps calm a panic attack
- Protects heart against episodes of hypoxia (low oxygen). Research has shown that if there is an episode of low oxygen, there will be less damage if a person is taking hawthorne. This benefit extends to the hawthorne leaves as well as to the berries.
- Helps reduce discomfort in the heart.
- Mild blood thinning abilities
- Helps calm overactive thyroid (use for several months combined with **Female Harmony** or **Femme Pause**)
- Helps strengthen and increase elasticity of the walls of arteries
- Mild blood pressure-lowering ability

Supplement Facts:

Serving size: 30 drops (1 dropper)
 Servings Per Container: 78
 Herb Strength Ratio: 1:1

Amount Per Serving	%Daily Value
Proprietary Extract:	.75ml*
Hawthorne berry, Garlic Bulb, Cayenne pepper, Ginger root, Linden flower, Motherwort, Passionflower, Dandelion root, Yarrow, Lobelia	

* Daily value not established

Other ingredients: Distilled water, Organic grain alcohol (45-55%)

Cautions: If pregnant, nursing, or have a medical condition, consult a qualified health professional before using. If garlic upsets stomach, take with food.

Distributed by:

DR. FOSTER'S ESSENTIALS
 DrFostersEssentials.com

Works especially well in combination with [Open Heart Essential Oil Blend](#)

Should I Take Both Healthy Heart and Vascu-Calm Formulas if I Have High Blood Pressure?

These two formulas are very similar. You may only need one formula to help your blood pressure. If you need more than one formula, consider some other causes of high blood pressure such as liver blocked by toxins, kidneys blocked by toxins. Do a Kidney Revitalization Program cleanse and/or Liver Regeneration Program cleanse. You can also add a Nattokinase supplement or Youthful Circulation Formula. We've also had people get results with their blood pressure by taking just the Blood Detox Formula over several months. The Blood Detox Formula not only thins the blood, but helps detoxify the liver and helps clear cholesterol deposits out of the arteries.

How Will I Know Vascu-Calm is Working?

Reduction of chest discomfort. Feeling more relaxed. Sleeping more deeply. Rapid heartbeat slows down. If you don't feel a calming effect, try raising the dose. People who weigh over 150 pounds may need to adjust their dose higher based on weight (see "How to Take Your Herbs" Flyer). The herbs in this formula contain a full spectrum of vitamins and minerals that occur naturally in the herbs. These nutrients are ALL important for building healthy arteries, heart muscle, artery walls. The longer you take the formula, the more it works. The benefits accumulate over time. Don't give up after just one dose!

The Ingredients in Vascu-Calm:

Hawthorne Berry & Leaf – binds to heart cells and protects them from damage. Helps regulate heart rhythm, calm anxiety, helps slow down a rapid heartbeat.

Motherwort Leaf: - slows down heart rate and helps regulate heart rhythm. Good for rapid heartbeat and also helps overactive thyroid.

Linden Flower: a calming herb specific for lowering high blood pressure.

Passionflower – a nervine herb that helps calm the nerves, relax the body and mind.

Dandelion root: a diuretic herb that helps promote urination and helps detoxify the liver and kidneys.

Yarrow– a styptic herb that helps stop bleeding as well as helps lower high blood pressure.

Lobelia– an antispasmodic anticonvulsant herb that helps stop cramps and spasms, releases gas pains, eases difficult breathing, relaxes blood vessel walls, helps stop wheezing, and helps lower high blood pressure.

Cayenne (Hot Chili Pepper/ Habanero Pepper) – Circulatory stimulant, thermogenic. Increases metabolism. Can help pass kidney stones. Excellent remedy for poor circulation, feeling colder than other people, being out in cold weather, angina pains. Cayenne is a "facilitator" herb that increases the effectiveness of the other herbs in the formula by increasing the circulation and

driving the herbs deep into the hidden recesses of the body where they're needed the most.

Garlic: assists in lowering high blood pressure. Kills bacteria, viruses, fungi and parasites. Natural blood thinning effect.

Ginger: Increases blood circulation throughout the entire body, including all internal organs such as the kidneys, eyes, heart, etc. Prevents platelet aggregation (blood clotting)

What Else Can I Do to Heal My Blood Pressure?

- **Exercise:** Get regular exercise. Some specifics are lifting light weights and working out in the weightroom, swimming, playing tennis, dancing, doing yoga, doing mini trampoline exercises, but even just taking a walk can help.
- **Cayenne (Hot Chili Pepper):** Taking additional [Cayenne Tincture](#) can help regulate heart rhythm, build healthier artery walls, increase blood circulation, help brain function (stimulates extra blood flow to the head and brain areas), increases blood circulation to the heart, help kidney function and increase circulation to the legs and feet as well. You can mix with any other herbal liquid formula or sprinkle drops on food. Start with a very small dose to start (such as 5 drops of the tincture).
- **Take Care of Your Colon:** Do a colon cleanse ([Intestinal Rejuvenation Program](#)). Toxins in the small intestine and from being constipated can aggravate blood pressure, especially if you are straining on the toilet (which can actually cause a stroke). Constipation reduces your body's ability to release metabolic waste and toxins from your body. The buildup of toxins can cause not just colon problems such as hemorrhoids and diverticulosis, but also problems elsewhere in the body.
- **Detox Your Liver:** A liver and/or gallbladder filled with bile sludge, heavy metals, pesticide residues, pharmaceutical medication residues and other toxins can also interfere with blood pressure. When the elimination organs are filled with toxins, cholesterol cannot be properly processed and can build up in side arteries. Do a [colon](#) or [liver cleanse](#) every 3 months to help thin the blood naturally, reduce the toxic burden in the body, which in turn, helps the heart heal. Add Blood Detox Formula to your liver cleanse for the maximum benefits to your blood pressure. The [Blood Detox Formula](#) can help lower blood pressure by cleaning out cholesterol and other toxins in the blood system.

- **Express Yourself:** Don't keep your painful emotions bottled up. Express your emotions to someone who is empathetic, a trusted friend or therapist. Prolonged anxiety can contribute to high blood pressure. Releasing the trapped emotion can heal your blood pressure and your heart.
- **Take Care of Your Diet:** Minimize or avoid trans-fats, fried foods, high fructose corn syrup, granulated sugar, iodized salt, enriched flour, white bread, white rice, pasteurized dairy products, canned foods and processed foods. Instead consume an organic whole foods diet with whole grains, salads, natural sweeteners, brown rice, quinoa, fresh juices, raw milk, raw butter, raw cream, raw cheese, free-range eggs. Some people will do really well on a vegan diet for around a year to help clear out excess cholesterol in the arteries. For more information and even more details on diet, please see [pH Balanced Diet](#).
- **Increase Your Intake of Greens** – it could be lettuce, parsley, zucchini, salad greens. Or start juicing some fresh vegetables. A [juice fast](#) can be very helpful for the heart and, generally speaking, can be done anywhere from 1 day to 1 month. The juice fast program I recommend is a [2-week long juice fast](#) to which you can add any cleanse (a colon cleanse, liver cleanse, kidney cleanse, parasite cleanse, stone cleanse, cholesterol buster's cleanse, etc.
- **Read Dr. Foster's Book Rescue Your Heart:** Make sure to read Dr. Foster's Book written for NaturalHealth365 called "**Rescue Your Heart**" with many more natural healing strategies for the heart, that includes herbal healing for the heart as well as emotional healing exercises for the heart. Make sure to also check out her book "**Heart Rescue Recipes**" which includes many heart-healing recipes that you can make at home to maximize your heart healing. If you haven't watched the Cardiovascular Docu-Class, I highly recommend it. I'm featured in Episodes 2 (Clearing Away Arterial Plaque), 3 (Reducing Blood Pressure Naturally), and 4 (Fixing Heartbeat Irregularities). [CLICK HERE](#) to get access to those episodes. Or the link below: (<https://ku251.isrefer.com/go/cvdtrailer/DrFosterMD>) There's also a Rescue Your Heart Recipe Book as well.

