

# Heart Tonic Herbal Tablets

- MA 0229 -

## **Nutritional support for cardiac muscle.**

**Heart Tonic** offers nutritional support for the cardiac muscle, helps cleanse the cardiovascular channels, and supports a healthy response to a high-stress lifestyle, impurities in the food, and electromagnetic exposure.

### **Actions:**

- Supports healthy heart functioning during emotional challenges
- Helps cleanse the cardiovascular channels

### **Ingredients:**

- Terminalia arjuna
- Glycyrrhiza glabra
- Nardostachys jatamansi
- Ipomoea digitata

### **Dose:**

1 tablet (0.5 grams) twice a day with water or with milk and rock sugar. (Take about ½ hour before meals in the morning and evening).

### **Dietary and behavioral suggestion:**

- Prefer simple and light diet with less salt, spices and chilies. Use old rice, green vegetables, fresh fruits.
- Avoid heavy food, salt and root vegetables like potatoes Potatoes, etc.
- Avoid physical a, sweet and mental stress and strain.
- Practice **Transcendental Meditation**

### **Tips for a Healthy Heart:**

- Avoid spending excessive amounts of time watching TV, performing mental work or working late at night.
- Make it a point to get deep sleep each night. Early to bed and early to rise.
- Follow a vegetarian diet for heart health.
- Eat organic, fresh foods. Avoid rich foods that are high in fat.
- Eat in a settled, quiet atmosphere.
- Eat home-cooked meals as much as possible. Avoid fast-food restaurants.
- Avoid coffee and carbonated beverages. Caffeine may increase your blood pressure.
- Make sure you get enough exercise every day. According to Maharishi Ayurveda, exercise increases heart strength, depletes excess fat and brings a feeling of lightness to the body.
- Create a home environment that is pleasing and restful to the senses.
- Avoid emotional confrontations. Nurture your heart with love and affection.
- Avoid anger, pressured work habits, and worrying. Use mild rather than pungent spices in your food.
- If you're under stress, practice the [Transcendental Meditation](http://www.maharishi.org/meditation)