



the Heart of the Matter

by Madaleine Helm

Cardiovascular disease is still the leading cause of death worldwide with a staggering 1,000,000 people dying every year of this serious condition. The next nine causes of death combined do not equal that toll. Heart disease is like seven Boeing 747's going down every day... with no survivors! More than likely someone very close to you has become a victim of this insidious disease.

One of the constituent diseases, coronary heart disease, accounts for 20 percent of all deaths, while other heart-related diseases account for another 33 percent. Cerebral vascular disease (stroke) is the third most common cause of death. Heart disease also kills more women than men, accounting for one in five female deaths. Even more startling, however, is that it claims responsibility for more deaths in women than all forms of cancer combined.

And yet there is surprisingly good news.

Heart disease is one of the most preventable health conditions.

In fact, people have the power to reduce many of their risks by simply doing the following:

- avoid smoking
- limit alcohol consumption
- eat more fruits, vegetables, and whole grains
- exercise often
- take supplements like AIM CellSparc360 regularly.

Patients suffering from congestive heart failure exhibit impaired myocardial energy production and increased oxidative stress. One of the most important nutritional factors for myocardial energy production and the reduction of oxidative

stress is CoQ10. It is found in virtually all cells of the human body, including the heart, liver, and skeletal muscles.

CoQ10 functions as a carrier to transfer electrons across the membrane of mitochondria (the energy generator in the body's cells) to create the production of adenosine triphosphate (ATP), mitochondria at 5000 per cell.

CoQ10

Without enough CoQ10, the body cannot create enough energy. Studies have shown that CoQ10 supplements can decrease the amount of medication used by heart disease patients, improve health as measured by the New York Heart Association (NYHA) functional scale, improve overall quality of life for heart patients, and help maintain healthy blood pressure levels.

Tocotrienols

Tocotrienols are a type of vitamin E that have been found to reduce cholesterol and have antitumor and antioxidant properties. One study shows that tocotrienols have 40 to 60 times more antioxidant ability than alpha-tocopherol, another type of vitamin E.

Fish Oil

Fish oil provides a fat-soluble substance to carry the CoQ10 and helps reduce triglyceride levels. High triglyceride levels



are a factor in heart disease. Fish oils are rich in eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are believed to decrease the risk of thrombosis (blood clot) and lower blood pressure.

Do you want to keep your heart vigorous and healthy? Then provide it with what it needs.

Use Aim CellSparc360

You will find that CellSparc 360™ is superior to other CoQ10 products on the market. Only AIM Members have a product that combines 60 mg of CoQ10 with 100 mg of tocotrienols and 240 mg of fish oil in a convenient softgel capsule.

The softgel delivery system also gives you a superior delivery system; greater stability, purity, and consistency; and improved bioavailability.

How to use: Take 1 to 2 softgel capsules per day. Although the inclusion of the fish oil diluent helps improve absorption of the CoQ10, it is still recommended that you take the capsules with meals. Some people feel immediate benefits; others notice results after 6 to 8 weeks. Shelf life is 3 years, unopened. Close tightly after opening and store in a cool, dry, dark place (70-75 deg. F; 20.1-23.8 deg. C). Do not refrigerate. If pregnant or nursing, consult a health practitioner. Diabetics should consult a health practitioner.

Features of CellSparc 360

- More than nine years of safe and beneficial use by AIM members.
- You will find that AIM CellSparc 360™ is superior to other CoQ10 products on the market. AIM CellSparc 360™ contains no artificial flavours or fillers, such as yeast, egg or milk derivatives.
- Uses one of the highest quality (plant source) COQ10 available.
- No harsh solvents used in the extraction process.

AIM CellSparc 360™

- Maintains cardiovascular health
- Maintains healthy triglyceride levels
- Maintains healthy cholesterol levels
- Maintains gum health
- Increases energy production at the cellular level
- Potent antioxidant
- Quick absorption into the bloodstream
- Maintain healthy blood pressure
- COQ10 may be beneficial for people with allergies, asthma and respiratory problems
- Enhances the immune system

