Homeopathic Treatments for Heart Problems by Maria Gini

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Heart disease affects over 50 million people resulting in over 1.2 million Americans suffering heart attacks in 2006. Of the 1.2 million people there were over 425,000 deaths. The leading causes of heart disease can be detected and treated with modern day medicines. However, many people around the world are looking at alternative medicines to be using instead or in combination with the treatment they are receiving from their doctor. Below we have explored some of the most common homeopathic treatments that are gaining acceptance by patients and doctors as a method of treatment that don't have negative consequences, but have not been proven to be successful. However, doctors agree that practicing these alternative medicines outweigh the negative effects and are considered acceptable.

Meditation

Clinical studies have proven to demonstrate that meditation can lower blood pressure and hypertension in men and women. Using this technique is now mainstream medicine and is often combined with other types of slow rhythmic exercises like tai chi or yoga. Just 20 minutes per day twice a day can be effective at reducing stress and anxiety which are preludes to heart disease. Meditation is highly recommended by most doctors as it also has a positive effect on our mood and sense of well being.

Homeopathic

Homeopathic medicines have been used for centuries in India and Europe and are believed to have significant value in curing many diseases untreatable by Western medicine. Others believe that the doses of active ingredients in natural occurring substances are far too low to provide any real value. However, many people truly believe in their positive effects from curing the common cold to cancer. There have been many studies of these remedies without any real consensus of their effect.

Chelation Therapy

Chelation therapy is where an infusion of selected vitamins are infused into the blood stream via a catheter. More than half a million people a year undergo this process from two-three times per week, to two-three times a month. It is believe that the injection of high doses of vitamins will bind to heavy metals in our blood and cause our body to excrete them through our urine. There is a definitive link between calcium levels and the buildup of plaque in the blood stream. It is believe that through Chelation therapy calcium can be removed from the blood reducing the levels of plaque buildup. This is the most controversial of all procedures for fighting heart disease and it's highly recommended that you and your doctor thoroughly research this practice before determining if it's right for you.

You should always consult your doctor before starting or combining any homeopathic remedies along side modern day medicine.

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