

This Post Could Dramatically Improve Your Health

I have already told you about [InhaleNow.com](http://www.inhalenow.com), which sells environmentally-friendly things like air purifiers, water filters, and power “conditioners” to save electricity. Did you know that it also sells nutritional supplements? Darn good ones, too, but what I want to tell you about is the newest product, Heartland Select.

They can't actually say anything like “it cures cancer,” (and I'm certainly not saying that it does) but it can help prevent it. The anecdotes are impressive. Like, the brother of a major football player (whose name I can't remember because I can barely remember Joe Namath) had pancreatic cancer and a month later, it was gone. Like, they sent samples of their drink to the American Cancer Society and the ACS wrote and asked for a lot more to test with because they couldn't believe what they were seeing.

Basically, it's really just a special blend of Muscadine grape juice, seeds, and skin—two to three ounces a day, in addition to specific vitamin supplements. It's not cheap—but if it does anything like what we are hearing it does, well, I wanted to tell you about it. Here's a quote from the Squidoo page:

You've heard that there are health benefits to red wine, but Muscadine grapes, native to the Southeast United States, are bursting with antioxidants. They developed over centuries in harsh conditions, making them tough—and making their phytochemicals for fighting off disease that much stronger. Their extra-tough skin means that they have an high concentration of antioxidant phenolic compounds, such as Resveratrol which can also work as an anti-inflammatory and has anti-cancer potential.

Muscadine Grapes are helpful in the fight against free radicals, and drinking juice from this grape—not to mention the seeds and the skin (known as pomace)—can **help your body fight inflammatory conditions such as diabetes, Alzheimer's, allergies, atherosclerosis, colitis, and many other conditions.** It benefits your blood vessels by reducing inflammation and atherosclerotic plaque. It can even inhibit LDL cholesterol and help reduce blood pressure.

The link is <http://www.infinity2.com/bjb> and then click on “Heartland Select” at the top. It's supposed to be taken with the “Essentials for Life” vitamin supplement. (This is important). They're being VERY careful about what they're saying on the site for all sorts of legal reasons, but my feeling is that anything is worth a try, and since it's just juice and vitamins ... Well, it's not something that doctors are going to remotely object to.

There's going to be a capsule version at some point, which might be cheaper, but I've got to tell you, this juice tastes good! Because, yes, we've been taking it for over a month now, and I have to tell you—I've definitely noticed an improvement in my allergies/asthma. (It's a natural anti-inflammatory, remember.) I've cut back from taking my Singulair about every 2-3 days to about once every ten days, which makes me a much happier person.

Right now, it's only available on a monthly-subscription basis that can be cancelled at any time, and a month could be enough to know if it's helping. There's a book about the health benefits of the Muscadine Grape, if you're interested in reading more about it. There are even other, competing brands, but their 'counts' aren't as high as the Heartland Select, so this one is better.

Punctuality Rules !

Writing Sample
Deb Boyken, ©2008
www.punctualityrules.com