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PQQ: Miracle in a Bottle

The latest cure for your health problems has arrived. I know—I just watched the online infomercial. Or do they call it advertainment now? It was presented by a cardiologist who is well respected in his field. The topic was arterial inflammation, AKA the cardiac killer, and what you could do about it. I was in.

What I saw were the “facts” about heart disease. Using an artist printing and drawing on a whiteboard with a voice over, I learned:

- Cholesterol is not the cause of heart disease, the number one killer.
- The Framingham Study gave the deadliest dietary advice ever.
- Heart disease was not on the top 10 causes of death 130 years ago.
- Scientists have discovered the next generation antioxidants that can stop the cardiac killer and it has sent shockwaves throughout the medical community!



Since these “facts” are contrary to everything I’ve learned in my 30 years in this field, you can imagine how eager I was to learn more.

The basis for this excitement was something called PQQ: pyrroloquinoline quinone. Was the research as good as they claimed? Would this be that special nutrient that was the key to reversing heart disease? I’ll tell you what I found on Thursday.

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** ***Straight Talk on Health***

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The health information in this message is designed for educational purposes only. It’s not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It’s designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you’ve read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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