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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**A Heart That Survived, My Personal Trial**

**By winston williams**

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A Heart That Survived, My Personal Trial

For me, it all started a year ago in May. May 16, 2003 to be exact. The thread mill was rolling, and I was feeling fine. Then my Doctor asked, "how do you feel Mr. Williams"? I'm fine Doc, I answered.

Little did I know that this would be a life changing experience for me and my family.

Fifteen minutes later after a little more speed, and elevation on the thread mill. I was now beginning to feel the effects of the increased speed. "How you feeling now Mr. Williams", she(my doctor)asked. "I'm Ok doctor" I replied. Her reply, and much to my surprised was, "well, that's not what the machine (EKG)is telling me".

In that one single moment depression set in. although I didn't recognize it for what it was until much much later, I knew something was different.

First, I was confused. What is she telling me? What's she trying to say? What does this mean? There had been no problems with my health before.

**Medication History**

I had been on a very popular "Atorvastatin" drug for over 4 years, and a blood pressure drug for over 10 years. Both were low dosage medication. My physical exams were done annually without fail. My Employer, and because of my job position (high stress)it was a requirement.

## A Heart That Survived, My Personal Trial

So what had happened. For me, there were no answers.

Now here I am uncertain of the future, with very few options.

### Stents Implants

Guess what, three days and two stent implants later, I was told to take it easy for a couple of weeks, no heavy lifting, or strenuous activities. Fine, I thought. I can handle that.

### Heart Surgery

Five weeks later things are not going well at all. A return to the doctor indicates that the stent implants had collapsed, and open heart surgery was necessary NOW. Too alarmed to be afraid, my reaction was, oh hell! here we go again.

I hadn't abused my body, my health was always good/excellent. So what has happened here.

The prognosis, plaque build up in the blood vessels leading to the heart. The heart is strong and in good condition.

Here I am 10 months later with a triple by-pass inside my chest, having completed Cardiac Rehabilitation, and wondering "how did I allow something like this to happen.

### Reality Check

Looking back, I assumed I had done a good job of caring for my health. ...one meal a day, regular exercise, life time non-smoker, moderate use of alcohol, no drug use, and no weight problems. It was all beyond my understanding.

Finally it dawned on me, I had done everything right with one exception, I failed at monitoring the type of food I ate.

### The High Cost Of Health

Needless to say my medical cost and hospital bills were staggering to say the least.

I've gone from two prescription drugs a day to six (6) prescription drugs and two supplements. However, the cost of my medications is WAY DOWN, thanks to an ONLINE PHARMACY. It keeps me from going broke on my prescription drugs.

### A Few Do's And Don'ts For Your Health

- ...Do have your physical examinations done regularly.
- ...Do take your prescription drugs and supplements as required.
- ...Do listen to your Doctor

The Moral is: Don't Take Your Health For Granted.

Regular exercise, and taking your medication is the first line of defense and wins hands down everytime.

This article written by winston williams

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Author:winston williams has helped many consumers of prescription drugs find affordable FDA Approved medications without charge.

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A retired Merchant Captain, and now internet marketer, with several websites after two years on the net. His background is in Marine Transportation. Married with three children. Enjoys the ocean.

### **Attorney General John Ashcroft Warns Activist Judges**

**By Gary Revel**

#### **Attorney General John Ashcroft Warns Activist Judges by Gary Revel**

Recently U. S. Attorney General John Ashcroft said that activist judges were a threat to the national security of the United States of America. Most people who heard this let it fly right over the top of their heads. Some of us realized that it was a policy statement that should be understood as a warning to many.

When the executive branch of our government decides that someone is a threat to our national security that person is taken out. They can be killed or put away in some other less lethal fashion but they become useless to whatever agenda they had before.

I can recall how Judge Battle and Judge Miller died of 'heart attacks' after it was learned that they intended to give James Earl Ray the trial he had never had for his supposed assassination of Martin Luther King Jr. Nobody can prove that they were killed but many know that a trial on the matter would have shook the very foundations of this country. Many believe that such a trial would have been a threat to our national security.

If these two judges were taken out because of such a threat then it would have been a covert

operation. Such an operation is done in such a way that it can never be proven that it happened. If we in the United States kill our own so effectively, who apparently get out of line, then how successful do you think those enemies that plot against us today will be?

There is a sad part of this that I must reflect on. Many will die or be affected in some other very negative way because of their ignorance, not really because they are a threat. Those who truly care about others can help educate the population on how to stay clear of that line whereby they could become a casualty of our war against terror.



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