

## Help for High Blood Pressure, Heart Arrhythmia, Tachycardia & more

My Name is Duran Barr, I am 44 years old, married with 2 children, 11 and 13 year old girls.

My health problems began in about 1998, I woke up in the middle of the night with a cold clammy sweat, chest pain, irregular heartbeat, tingling in my hands and feet and a sense of imminent danger. I went to the emergency room where they were unable to diagnose what was wrong. The next day I had a heart catheterization, they concluded I had no structural problems with my heart and all my arteries were clean. So I was sent home with the diagnosis that, "We don't know what is wrong with you, we don't know what the cause is, and we don't know the cure."

Over the next few months I determined that caffeine was a trigger for my arrhythmias and I began to leave it out of my diet. Other than that I was at a loss to put my finger on other contributing factors. Since 1998 the symptoms have slowly but progressively gotten worse. Many weeks I would have three or four incidents of my heart getting out of rhythm, jumping to about 190 beats per minute. Any form of exercise or strenuous labor would result in an arrhythmia, which pretty much had the effect of shutting my life down. Starting in about April of 2004 I began to have breathing problems in my sleep, waking up gasping for breath along with tingling sensations in my limbs due to lack of oxygen. I became constantly aware of my heart beating in my body, which is an abnormal state. Sometimes it would be "bounding" (beating hard), and sometimes it would just be "felt" in my upper torso. This awareness is extremely annoying and concerning. My blood pressure began to rise and would spike several times a night. I began to keep a blood pressure log to see if I could determine patterns with regard to diet, stress, work, etc.

On June 15 of 2004 I went to the emergency room with an intense session of this and a blood pressure of 165/107. My body was screaming at me that something was terribly wrong.

A few weeks later, on July 9 of 2004, my wife and I went to a home school convention in Montgomery, AL where I met Lee and Susan Adams at a GNLD booth they had set up. I listened with caution to them as they explained why they thought their products would help my situation. It was simply a result of the honesty and sincerity that I saw in them which caused me to buy their product. They recommended the **Omega 3, Garlic Allium, Lipotropic Adjunct, Tre-en-en and Vitamin E Plus**. I began taking them immediately. As a result of my emergency room visit on June 15<sup>th</sup> I was asked to wear a 30-day heart monitor to record a heart incident. I began wearing this on July-30. From July-9 when I began taking the GNLD products until the end of August when I had the 30-day monitor removed I had only one incident of my heart getting out of rhythm in contrast to the three or four per week I was having prior to taking the GNLD supplements. The

other symptoms also began to diminish. The cardiac awareness has completely gone away. My arrhythmias have become rare and are diminishing in length and intensity. My blood pressure dropped from a regular reading in the 140/90's to being in the 130/70's & low 80's within the next few weeks. In 6 blood pressure recordings taken from 9/17/04 until 9/25/04 the average of these is 121/74. I am sleeping well and back to practicing soccer with my daughters.

As a side benefit from my specific and immediate health problems, I am experiencing the disappearance of joint pain in my hips and knees (which I thought was age related), the fading of an age spot on my temple which had begun to be thickened and scaly, it has now softened and faded to barely noticeable and I have more energy and less lethargy. My body simply needed the whole-food nutrients it was designed to use by the Lord. It is amazing, yet true, that people can be starving to death in this land of plenty while eating too many calories. I am glad the Lord let me find a company which is providing a quality whole-food supplement. The last statement sounds trite and placating, but in a profit driven, self serving, self centered society where there is constantly more sizzle than steak, it is extremely refreshing to find a company and a product which has substance and integrity.

**Duran Barr** 10-30-2004

### Update from Duran on 6-30-2005

To bring you up to date on a couple of new things with us, Tammie is doing much better and is definitely coming back into balance with her hormones since starting on the GNLD products. I have continued to heal and rarely have an arrhythmia with my heart. My blood pressure is healthily low, resting heart rate is around 70, down from around 95. This past month I had a place on my scalp (a small blood vessel which was raised about an eighth of an inch and about as big around as the fingernail on my little finger) heal up and go away after probably being up there 15 years. It is amazing what your body can deal with when it has the resources to do so.

With much gratitude, **Duran**

**For additional information contact: Lee and Susan Adams, R.N.**

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