HEAL MARKETPLACE

Heart Formula

Herbal Food to Strengthen & Promote Heart Health

Heart Formula is a nutritional herbal combination for the heart and circulatory system — a Heart Food that nourishes and strengthens the heart muscle, supports a steady heartbeat, and keeps blood moving freely from the heart out to the smallest capillaries.

This Herbal Combination



Hawthorn Berries — The cornerstone of the formula and long called "heart food." Hawthorn nourishes and strengthens the heart muscle, supports a steady, even rhythm, and helps keep blood flowing freely through the heart's own vessels. It is also gently calming, which helps when stress keeps the heart "working overtime."



Red Clover — One of Dr. Christopher's "Ten Honorable Herbs" and a classic blood purifier. Cleaner blood flows more easily and puts less strain on the heart, and Red Clover's gentle thinning action supports smooth circulation.



Goldenseal Root — One of the most valued herbs in the herbal kingdom. In this formula it tones the tissues, including the lining of the blood vessels, and supports cleansing so the heart and vessels stay healthy.



Motherwort Herb — Its botanical name, Leonurus cardiaca, means "lion-hearted." Motherwort has a long tradition as a heart tonic, especially for a nervous, fluttering, or racing heart. It calms the nerves that affect the heartbeat and supports a strong, regular rhythm.



Garlic — A time-honored friend of the circulatory system. Garlic helps keep the blood flowing freely, supports healthy cholesterol balance and clean arterial walls, and helps maintain healthy blood pressure.



Ginger Root — A warming stimulant and "lead sheep" herb that carries the rest of the formula where it's needed. Ginger begins its work in the tiny capillaries, opening and flushing them so blood can reach every cell.



Cayenne — Nature's finest stimulant for the heart and circulation. Cayenne strengthens the pulse and moves blood from the heart through the arteries, veins, and capillaries, bringing oxygen and nourishment to cells in need of repair.

How It Works

Heart Formula is a Heart Food, giving the heart the nutritional support it needs to do its work. Hawthorn Berries nourish and strengthen the heart muscle. Motherwort steadies a nervous heartbeat. Red Clover, Garlic, and Goldenseal keep the blood clean and the vessels healthy. Cayenne and Ginger carry the formula through the whole circulatory system.

There are two ways to use it:

- **When the heart needs attention:** during times of stress, or when events show the heart needs extra care.
- **For long-term support:** for those with a chronically weak heart or ongoing heart issues, it can be taken regularly over a long period for overall heart health.

Related Formulas

When the main concern is blood pressure rather than the heart itself, see our Blood Pressure 1, 2, and 3 formulas. They work to clear the underlying causes that drive blood pressure up, and they can be used alongside Heart Formula as part of a complete program.

Suggested Use

½ to 1 teaspoon, 3 to 5 times a day as needed. Add it to hot water with a little honey if desired.

Please Note

Hawthorn is a cardiac relaxant. It naturally lets the heart relax more completely between beats. For that reason, Heart Formula should not be combined with any drug meant to slow the heart rate, such as beta blockers, because together the heart can relax too much. Garlic and Red Clover also have a mild blood-thinning effect, so keep that in mind if you are currently taking a blood thinner.

From Dara's Practice

This is a formula I reached for during menopause, when my heart would sometimes race. Many of our HEAL members have also found it a helpful food formula for strengthening a weak heart.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Food for a Strong, Steady Heart" at www.daradietz.me.