



VINNERS
HEALTHCARE



Daily Meal Plan For **HEALTHY HEART & LIFE**



www.vinnnershealthcare.com

MORNING BREAKFAST



- 4 Almonds, and 2 Walnuts Soaked Overnight (with a Glass of warm water) (MUST every day)

1 Bowl of Poha, Upma, Idli, Boiled Moong, Dhokla, Khandvi, 2 Pieces of Khakhra (Any 1 from this Everyday & Must Have 5 times in a week) -

Alternative - You can have 1 Dosa, Thepla, or Paratha cooked in very little Ghee (without refined oil) (Maximum 2 times in a week)

1 Glass of Milk/1 Cup of Coffee/1 Cup of Tea (Any One from this less or without sugar)

MID MORNING SNACKS



Have 200gm of any seasonal fruit. Watermelon, Papaya, Apple, Guava, & Muskmelon are low calories yet energy abundant. If you're Diabetic, avoid fruit such as Bananas, Mangoes, Chikoo, Grapes, and Custard Apple.

(Must Have Everyday)

LUNCH



HaStart the meal by eating a big plate of salad. For lunch, you can consume 2 Roti's (Without Ghee/oil) or 1 Medium bowl of rice, along with 1 cup of Vegetable curry, 1 Medium bowl of curd, and 1 Medium bowl of your favourite dal. (Must Have Everyday)

EVENING SNACKS



Opt for a cup of green tea/black coffee along with a small bowl of Kurmura/Bhel/Chaat/ khakra/muri

DINNER



Have multigrain rotis or a bowl of Khichdi/kadhi rice. You can add vegetables curry a plate of Salad, and a bowl of dal or curd to this.

LATE EVENING SNACKS



Have a bowl of Soup (tomato, Corn Or Any Vegetable based on your preference) OR Fruits

IS A BYPASS SURGERY, ANGIOPLASTY A PERMANENT SOLUTION FOR HEART BLOCKAGES?

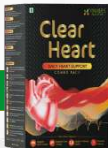


No, it's not if this is 100 % effective then why did Comedian Raju Srivastava, 58, Kannada superstar Puneeth Rajkumar, Marathi actor Pradeep Patwardhan, 65, Bollywood singer KK, TV Actor Sidharth Shukla pass away in last 2 years. This is all Celebrity can afford expensive treatment and the world's best allopathy doctors. They all have done angioplasty and stent placement, or some of them multiple times like Raju Srivastava has placed 9 stents in the last 10 years. Even they all regularly exercise in a gym.

SO HOW CAN WE TREAT THAT?

Bypass Surgery, Angioplasty are good when you need results to save a life. But for a long-lasting result, we need to control cholesterol production in the body and reduce that from the beginning to become plaque or blockages. In this issue, Ayurveda can help with the root causes.

Cholesterol is a fatty substance that is vital for the proper functioning of the body. The liver plays a key role in regulating cholesterol levels in the body, firstly by making cholesterol to be delivered to cells that need it around the body, and secondly by removing cholesterol by converting it to bile salts so the body can get rid of it in bile and feces. If your liver is damaged or is poorly functioning, the production of bile may be reduced, which can result in increased cholesterol levels.



THEN WHY DO THEY HAVE HEART ATTACKS AGAIN?

The answer is simple they all have High Cholesterol, and it's made other plaque or blockages in the body. Bypass Surgery, Angioplasty only makes attires a little broad or bypasses the blockages, but the problem is not that single or multiple blockages. A key problem is when our body makes excess cholesterol and for smooth blood flow body freezes as plaques in our arteries and veins regularly. Also, we need to dissolve the existing blockages and remove cholesterol from the blood.

DO YOU KNOW

**HEART DISEASE KILLS 34 PEOPLE
EVERY SINGLE MINUTE**



Let that sink in for a minute...

34 People Just Died

This is a crazy figure. Why you ask?
Because 80 % of deaths are caused by
Cardiovascular Diseases are Preventable.
Yes, you heard that right,
**80% of deaths caused by
Cardiovascular Diseases are Preventable.**

INDIA ALONE HEART DISEASE KILLS 11 LAKH PEOPLE A YEAR.

Just for a second imagine that in the next minute, one of the 34 people who die from heart disease is your mother, brother, son, or daughter. Imagine you knew that their death was preventable.



HOW WOULD THAT MAKE YOU FEEL?

It makes you feel awful, right? Well, we have good news for you. You never have to feel that pain, regret and grief. The feeling that you could have done more. Because all you have to do is protect you and your families health.

High Cholesterol and Heart Attacks are the leading causes of death worldwide and in India Too, and 80% of Heart Attacks cause by block attires due to high cholesterol

Protect You And Your Family From
The World's Largest Killer



HEART BLOCKAGES

Protect You And Your Family From



Heart
Attack



Heart
Blockages



Angioplasty



Bypass
Surgery



High
Cholesterol



High
Triglycerides



High Blood
Pressure.



BUT HOW ?

The answer is simple

CLEAR HEART Therapy

INDIA'S NO.1 NATURAL HEALTHY HEART THERAPY



Clear Heart combination therapy of Herbal supplements, customized diet plan, and Step by step guidance. It will help you synergistically to give you a quality life,

by helping you maintain your heart and circulatory system healthy.



Clear Heart has been designed by experts of the ancient Ayurvedic scriptures based on hundreds of years of evidence.



WHAT I GET?



Clear Heart Como Pack

customized diet plan

A clinical nutritionist provides personalized Diet Plans that fit with your food and lifestyle habits, your lifestyle without starvation and portion control.



Experts Guidance

Our Doctors are qualified and trained on the principles of Ayurvedic diagnosis Provides root-cause-based treatment for your Heart problems



HOW DOES CLEAR HEART HELP?

- Reduce Cholesterol
- Reduce Triglycerides
- Remove Cholesterol plaques from arteries and veins.
- Make Blood vessels flexible and soften
- Cleanse the liver and kidneys.
- Regulate Cholesterol Production by the Liver.
- Improve Blood Filter by Kidneys
- Improve the blood circulation of your body,
- leading to a healthier life.
- Helps maintain healthy Blood Purifier



HOW DOES CLEAR HEART WORK ?

Clear Heart is a highly effective, carefully designed formula with 100% natural ingredients that work together to help dissolve Heart Blockages and minimize bad cholesterol and triglycerides in your body.



IT WORKS IN 4 STEPS AS



Lower Bad Cholesterol*
Increase HDL cholesterol to move LDL cholesterol from the blood to the

liver, which breaks it down for disposal as waste. Also, help to dissolve the cholesterol blockage and lower bad cholesterol and triglycerides, which are responsible for creating heart blockage.



Cleaning Arteries & Veins Help to keep arteries soft, clean & flexible to maintain

healthy blood pressure, as a result, lower the risk of a Heart Attack.



Improve Liver & Kidney Functions Help improve liver functions for better absorption of

cholesterol and enhance kidney functions for blood filter to remove waste for healthy arteries, blood vessels, and Heart.



Improve Heart Health
Improve all over Heart Health and help to maintain Heart Beat,

Heart Palpitations, and Strengthen Heart Muscle.

facebook

Reviews ★★★★★



Anil Gulati recommends
Vinner's Healthcare
Apr 16 at 6:37 PM · 



...

This healthcare is just awesome and fantastic and really trust worthy.



Like



Comment



Share




Aditi Mishra recommends
Vinner's Healthcare.
Apr 16 at 6:45 PM · 



...

Highly recommended and all the solutions are given by this place to all our problems



Deepak Tyagi recommends
Vinner's Healthcare.
Oct 9, 2018 · 

...

clear heart is very best tonic for high cholesterol high bp so best tonic for heart i recommend of vinner healthcare that open the store of north india as like delhi ncr



1

1 comment



Like



Comment



Share



Dewakar Khelan recommends
Vinner's Healthcare.
Oct 9, 2018 · 



...

Yes I am using this last one year and it is helping in control Heart problem & controlling Cholesterol



Vinner's Healthcare

1 Comment · 1 Share



Like



Comment



Share



Anil Gulati recommends
Vinner's Healthcare
Apr 16 at 6:37 PM · 



...

This healthcare is just awesome and fantastic and really trust worthy.



Like




Comment



Share



Hirenidha Shankar Saena recommends
Vinner's Healthcare
16 January 2020 · 

Thanks Vinner's Healthcare! am using your both products and found them very effective. I am 78 year old heart patient with two clogs. This product gave me strength. It helps in clearing the blockage in the arteries.

1

Like

Comment

Share

facebook

Reviews ★★★★★



John Stanley Segarra recommends Vinner's Healthcare.
Nov 15 at 2:02 PM · GB



This Medicine is A Gift for Mankind.
Me personally after taking this Vinner' Clear Heart Liquid i m feeling half my age . i can climb 54 steps 4 times a day. Unbelevicable na But its true. It is not only strengthening my heart it keeping my arthories clean but also taking very good care of my other Organs too.
THIS Medicine is Purely Magic.
God bless the whole team of Vinner's.

Vinner's Healthcare 3 Comment · 2 Shares

Like Comment Share



Kajal Singh recommends Vinner's Healthcare.
12m · GB

Natural supplements. I ordered this Clear Heart Combo Pack for my mom. Great results than Allopathic. she used this supplement from last one month, and she feel better improvement on bp. And heart health.

Like Comment Share

Kajal Singh



Kiran Shah recommends Vinner's Healthcare.
Nov 26, 2019 · GB



yes it is worth using this product.

1 comment

Like Comment



Rakesh Arora recommends Vinner's Healthcare.
Oct 30 at 2:55 PM · GB



very good improvement to reduce the high cholesterol

Like Comment Share



Manish Mudkavi
My mother has used it and found very effective in Varicose veins.

On Like Reply



Vinner's Healthcare
Manish Mudkavi thanks for your Valuable comment manish

Just now Like Reply



Mohan Jain recommends Vinner's Healthcare.
May 5, 2019 · GB



clear heart liquid and mori ras are excellent products.mohan jain bhopal m.p.

Like Comment Share

Google

Reviews ★★★★★



Shikha Mohan Sharma

1 review



★★★★★ 3 months ago

I am a diabetic patient ... I used to have heaviness and jacking sensation in my heart ...

I got my ECG and Eco done reports were normal so no medicine suggest ... I started to use clear heart capsule as precautionary medicine ...

I am using this almost regularly from more than 1 year. I am feeling normal now no earlier symptoms now. Thanks to 'winners Health care' 🙏



Madichand Meena

2 reviews



★★★★★ 4 months ago

After taking the heart clear capsule. I got my ECG and Eco done reports were normal so no medicine suggest ... I started to use clear heart capsule as precautionary medicine ...

I am using this almost regularly from more than 3 year. I am feeling normal now no earlier symptoms now. Thanks to 'winners Health care' 🙏



Reply



1



Kajal Singh

1 review



★★★★★ 2 months ago

Best product very effective... Good for heart patients... I have seen this ad on Facebook I'm using for cholesterol from last 4 months now my cholesterol level is under control... Thanks to Dr. Sharma 🙏



Reply



Indrajit Das

1 review



★★★★★ 4 months ago

I, Indrajit Das age 40yrs feel problem in winter nights and my ECG also shows abnormality. I happen to see

Ad of clear Heart and started using medicine as it

try. By n by I felt improvement so I continued and on completion of it about 4 month, lot of improvement was felt. There was marked improvement on my ECG

report, but for precaution I completed 6 month capsule.

This winter I started just on it onset of winter itself.

I say it helped me.



Reply





Vinod Kumar Gupta

★★★★★ Verified Purchase

Excellent service

Reviewed in India on 26 December 2021

Yes

Helpful

Report



mahesh desai

★★★★★ Verified Purchase

All contains are pure

Reviewed in India on 3 July 2022

Size: Pack of 1

Very nice for heart concession it's work

Helpful

Report



Unknown

★★★★★

Superb

Reviewed in India on 10 December 2020

Highly effective. Reports back to normal.
Great product. Must buy at this price. But it
without hesitation to every facing heart
problems.

One person found this helpful

Helpful

Report



ABDUL KHAN

★★★★★

Good medicine,

Reviewed in India on 7 January 2022

I am personally using without fail ,also using
capsules permanently, at present I am not
using any allopathic medicine, earlier I was
using STANLIP tablets, at present not using
any medicine like STANLIP ,once checked
blood report was almost normal, again I have
to recheck the blood sample ,and to watch
the parameters

5 people found this helpful

Helpful

Report

CUSTOMER TEST REPORT

Before

After



Before image of a test report. The report is from Prognosis Laboratories and shows a table of test results. The text is mostly illegible due to blurring.



After image of a test report. The report is from Prognosis Laboratories and shows a table of test results. The text is mostly illegible due to blurring.

Before

After



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After image of a test report. The report is from Prognosis Laboratories and shows a table of test results. The text is mostly illegible due to blurring.

Before

After



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After image of a test report. The report is from Prognosis Laboratories and shows a table of test results. The text is mostly illegible due to blurring.



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Our products are free of any known side effects. There is no use of any chemical components or additives and fillers. Clear Heart is 100% Ayurvedic with all-natural ingredients manufactured in **GMP & ISO Certified & FDA Approved plant.**



CONTACT US



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