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## 10 Home Remedies for Angina (Chest Pain) That Work Fast!



If you or a loved one is suffering from angina or chest pain then you need a no-nonsense remedy that works straight away. This natural treatment is it...

### QUESTION:

What is the best natural or home remedy for angina? I've suffered from this for many years & I'm not only looking for a quick relief remedy, but also a way to stop the attacks altogether.

### ANSWER:

Angina or chest pain (squeezing of the chest) occurs when a particular part of the heart muscle receives a decreased blood oxygen supply. Symptoms include pain, tightness, squeezing, pressure, heaviness, burning & aching across the chest. This pain often spreads to the neck, jaw, throat, shoulders, arms, back, or even the teeth. Angina isn't actually a disease in itself, it's an indicator or symptom of coronary artery disease. When the arteries constrict from a build up of plaque, blood flow to the heart is reduced. This lack of oxygen rich blood to the heart is what manifests as chest pain or angina. Angina attacks usually last on average between 1 & 15 minutes. Unfortunately, the main cause of angina (constricted blood vessels) also increases your risk of heart attack & stroke.

That's the bad news. The good news is you can actually treat & cure angina in a relatively short period of time. There are also some terrific home remedies you can use to quickly reduce the painful effects of an angina attack & stop it completely in most cases.

Here's 10 of the best...

#1. Cayenne Pepper: Our personal favorite. Cayenne pepper not only works extremely well for stopping an angina attack, it can also stop a heart attack in 60 seconds!.. [Natural News - Cayenne Pepper for Heart Attacks](#).

Cayenne pepper is a powerful blood regulator, so it quickly restores blood flow to the heart. It's also a strong blood vessel dilator and cleanser and helps to naturally thin the blood. In addition, cayenne pepper contains high amounts of vitamin C and capsaicin, both of which are excellent anti-inflammatories.

If you are having an angina attack or heart attack, simply mix one teaspoon of cayenne pepper, along with some fresh lemon juice and honey, in a glass of warm filtered water and quickly scull down. This will start to relieve your symptoms within one to ten minutes. Have another glass around two hours later for extra benefit and relief.

To keep your angina away for good, make sure you have 1-2 glasses of this mixture every day - first thing in the morning and straight after your evening meal are the best times. It works like magic!

NOTE: Cayenne pepper is also an excellent aphrodisiac. It not only opens up the blood vessels and increases blood flow to the heart, it increases blood flow to the genitals. So get ready to enjoy this extra benefit as well!

#2. Apple Cider Vinegar (ACV): Apple cider vinegar is definitely one of the best natural remedies for angina pectoris. It balances out our acid/alkaline levels (pH) and contains a substance called pectin, which is well-known for its heart health benefits. Pectin also helps with weight loss and lowers your cholesterol and triglyceride levels and blood pressure. In addition to these, ACV is rich in natural potassium. Well known health crusader, Paul Bragg, once labelled potassium "detergent for the arteries" because it's able to clean and flush out the arteries by binding to arterial plaque and dragging it out of the body.

If you're having an angina attack, apple cider vinegar will reduce or completely eliminate your symptoms within an hour. But you should also consider taking ACV every day for overall good health and to reverse your angina/chest pain for good. There are no negatives associated with taking ACV every day, only huge positives, so make sure you do this.

For an angina attack, mix 2 tablespoons of organic apple cider vinegar with the

"mother" apple ([like this one](#)) in a glass of warm filtered water. Drink down and repeat this again another one to two times at 3 hourly intervals. Make sure the ACV you use is organic and still contains the mother apple (it will tell you on the bottle). Do not use any other type of vinegar as it will not work!

To take the ACV every day (for the rest of your life) simply mix up the two tablespoons of organic apple cider vinegar in a glass of warm filtered water. Add a teaspoon of Manuka or unprocessed honey for extra benefit and taste then drink. Be sure to do this 3 times per day 10-20 minutes before each of your main meals. This will also help your digestion.

#3. Garlic: Garlic is definitely one of nature's best "cure all" herbs. According to Dr Sara Brewer, taking garlic capsules daily is estimated to reduce the risk of a heart attack by an amazing 50%. And it's no wonder. Garlic works a treat for maintaining a healthy heart and increasing circulation. It lowers blood pressure and increases the elasticity of the aorta (the main artery to the heart), so the heart is able to work less hard to pump blood. A 2006 study published in the Journal of Nutrition found that the daily consumption of garlic significantly reduces, and can even reverse, atherosclerosis (hardening of the arteries).

So be sure to start taking a good quality garlic supplement ([Kyolic garlic](#)) and use fresh garlic in your cooking as much as possible!

#4. Turmeric: Yet another powerful remedy for chest pain. The main ingredient in turmeric, curcumin, is instrumental for reducing cholesterol oxidation, arterial plaque build-up, and dangerous clot formations in the blood. Curcumin is also a strong anti-inflammatory, so it helps to reduce the chest pain and inflammation that's associated with angina.

Add ½ a teaspoon of turmeric powder to 8-10 oz of coconut milk or almond milk. Place in a pot and bring to the boil. Add a teaspoon of unprocessed honey, a pinch of cayenne pepper then drink while still warm. And to improve the health of your heart, make sure you use turmeric powder in your regular cooking as much as you can or take a [quality turmeric supplement](#).

#5. Ginger: The active ingredient in ginger, gingerol, lowers cholesterol and opens up and strengthens blood vessels so blood flow is increased. Ginger is more of a long term solution for angina rather than a quick fix remedy. But if you're looking to cure your angina for good then ginger should definitely be on your shopping list!

To make a refreshing ginger tea, add a tablespoon of grated ginger to a cup of boiled water. Leave to steep for 10-15 minutes before straining. Slowly sip.

Drink this tea once to twice daily.

#6. Tabasco Sauce: Tabasco sauce is an excellent quick relief remedy for angina, especially when you have nothing else. Simply place a small amount of tabasco sauce under your tongue then repeat again 10 minutes later. You should notice some significant relief from your chest pain.

#7. Omega-3 Fatty Acids: If you have any type of heart problem or related symptoms then omega-3 fatty acid intake is a must. Overwhelming evidence has now proven that omega-3's strengthen the heart, lower your risk of stroke, lower cholesterol and triglyceride levels (which reverses angina), lower blood pressure, and strengthen blood vessel and arterial walls. Taking a [good quality omega-3 supplement](#) and eating some cold water fatty fish (herring, tuna, sardines, mackerel, trout and salmon) 3-4 times a week is a definite no-brainer for heart health.

#8. Lugol's Liquid Iodine: Most people (even doctors) are unaware that hypothyroidism (under active thyroid) is a major precursor to heart attack and stroke. The reason? Low thyroid function causes atherosclerosis, which of course then leads to all sorts of unwanted symptoms including angina and regular chest pains. Your thyroid hormone actually influences the force and speed of your heartbeat, your blood pressure, and your cholesterol levels - so your thyroid is a pretty important organ!

When you start taking liquid iodine, the first thing you'll notice is an absence of your angina. Because your thyroid is crucial for energy production, the other benefit you'll notice is a substantial increase in energy. For best results, make sure you buy the 5% solution of Lugol's liquid iodine ([here's what it looks like](#)). Place two vertical drops of the solution into a glass of filtered water and drink. Do this twice daily indefinitely.

Lugol's liquid iodine eases chest pain and angina pain fast - plus, if you continue to take it every day your angina and accompanying symptoms will never return. We guarantee it!

#9. Fenugreek: According to ancient Ayurvedic medicine, fenugreek promotes cardiovascular health and prevents and treats angina. It contains some strong cardio-protective properties that reduce cholesterol levels and increase blood flow to the heart. Fenugreek doesn't taste the best, however, if you add it to a morning smoothie or use it in your cooking, it's fine. A teaspoon of the powder daily is recommended.

#10. Sit Up, Feet On The Floor Exercise: This simple exercise works a treat if you're suffering an angina attack right now. Sit up on the edge of your bed and put your feet firmly on the ground. Continue to sit in this position for as long as needed. By sitting up and putting your feet on the ground, this helps to drain the blood towards your feet and takes the pressure off your heart.

In addition to these, make sure you follow a healthy diet (clean eating) and drink plenty of clean filtered water every day (not tap water).

So hopefully these tips & remedies help you out.

Best regards,

Troy (Certified Holistic Nutritionist & Herbalist)