

**Cardiovascular Health**

TOWNSENDLETTER.COM

# Townsend Letter

**The Examiner of Alternative Medicine**

ISSUE #382 | MAY 2015 | \$8.25

**Managing  
Cardiovascular Disease**  
A Guide to Nonsurgical Options

**What is 'Organic'?**  
Standards Losing Meaning

**Endurance Sports Risks**  
How Much Is Too Much?

**Chelation Therapy for Diabetes**  
An Important Complement



**Botanical Treatment of Hypertension**  
Asian Herb Appears Effective