

## Heart Health

The heart is the hub of the cardiovascular system and performs an exhaustive task. The human heart beats over 100,000 times and pumps 8,000 gallons of blood every 24 hours, resting for only about 1/2 second between beats. In the average person's life span, the heart will beat almost 3 billion times and pump 77 million gallons of blood.

The cardiovascular system transports nutrients and oxygenated blood throughout the entire body and is crucial to maintaining healthy tissues and body functions. Supporting a healthy cardiovascular and circulatory system involves many key processes including maintaining healthy blood pressure, normal cholesterol levels, a regular exercise program, and a healthy diet

Many nutrients that are critical for a healthy cardiovascular system can be difficult to obtain from the diet alone. The regular intake of certain nutrients including fish oil, coenzyme Q10 and plant sterols all help ensure that the cardiovascular system is working at its optimal level.

Fish oil provides a group of good fats called Omega-3s. Omega-3s are well known for the role they play in maintaining heart and brain health.

Coenzyme Q10 is a vitamin-like substance that your body naturally produces in the liver. It provides energy to the cells in your body, especially to the heart. Oftentimes, poor diet or certain medications, such as natural or synthetic cholesterol reducing medications such as "statins" (or red yeast rice) can deplete your body of the CoQ10 that your body needs to maintain healthy heart and energy function.

Plant sterols are naturally-occurring compounds found in certain plants. Plant sterols help the body naturally maintain cholesterol levels that are already in the normal range. Other compounds such as those found in tea, citrus and palm fruits can also help the body with the proper regulation of cholesterol.

### Self Care

**Exercise:** Get a minimum of 30 minutes daily cardiovascular work daily. Consider working with a personal trainer or fitness coach.

**Relax:** Stress is a well-documented risk factor for heart attacks. If your anxieties are controlled there is less of a chance of grabbing "comfort" fatty foods to console yourself. Choose whatever style appeals to you – meditation, visualization, music therapy, massage, tai chi, or yoga.

**Baby aspirin:** If over the age of 50 take 81 mg of aspirin ("baby aspirin") daily.

**Music:** Listen to soothing music.

**Friendships:** Rekindle friendships – don't isolate. Consider working with a holistic counselor.

**Pets:** Having a pet can provide companionship and reduce stress.

The information provided is not meant as a replacement for a physician's care.

Some or all of the above may help you feel more balanced and give you an overall increased sense of wellbeing.

### Nutrition

Proper diet is essential to a healthy heart.

Avoid margarine. Manufacturers add hydrogen to vegetable oils, a process which creates transfat acids. Trans-fat acids raise LDL and lower HDL (the opposite of your goal).

Eat fish. Eating fish twice a week is an excellent source of lean protein and omega-3 fatty acids.

The best sources are cold water fish, such as, salmon, mackerel and halibut.

## Heart Health Continued

### Nutrition Continued

Get fiber. Eat a diet high in whole grains, beans, fruits and vegetables for their high amounts of soluble fiber. Eating one source of pectin daily – such as, apple, carrots, pears, oranges and grapefruit – can reduce cholesterol by 5%.

Eat your antioxidants. Red, orange, and yellow fruits and vegetables get the vibrant colors from carotenoids, components of the Vitamin A family. All to say, try the mediterranean diet.

Eat breakfast. According to the National Health and Nutrition Examination Study, skipping breakfast is associated with high cholesterol levels. I would suggest whole grain cereal, or bread with some fruit or a protein smoothie.

Eat vegetarian. The more plant foods you eat, the more antioxidant nutrients you take in, which repairs damage from free radicals and prevents further cell injury. Consider a Mediterranean diet. The Mediterranean diet consists mainly of fruits, vegetables, beans, nuts, and grains, with some cheese, fish, and poultry and very little red meat.

Eat garlic. Add 1-2 cloves of garlic to your twice weekly.

Drink green tea. The flavonoids in green tea are found to be a more potent antioxidant than vitamin C or E. Consider our "Green Tea Cleanser Tea."

Alcohol. One alcoholic drink a day for women and two for men can be good for your heart. A drink is defined as 12 ounces of beer, 5 ounces wine, or a cocktail made with 1 1/2 ounces of 80 proof distilled spirits.

Stop smoking. Smokers lowers HDL and is considered a major risk factor for heart disease.

### Supplements

Ultramultilogics for men and women– these are comprehensive multivitamin, mineral & herb supplements optimized for men and women.

Ultra MultiLogics® for Women - Ultra MultiLogics® for Men

Co Q10 – taking 75 mg daily of co-enzyme Q10 is crucial for the efficient function of nearly every cell.

Also commonly recommended if you are taking statin drugs.

Red Yeast Rice with Co Q10– a natural cholesterol reducing product. Intended for those with modest cholesterol reduction needs (15% reduction or less).

Niacin extended release (a B vitamin) has been found to be complementary in reducing triglyceride levels.

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Flush Free Niacin – supports heart health by aiding in triglyceride reduction, improves energy metabolism and supports nervous system health.

Rejveinate Vein Support Formula – For vein health in legs and lower extremities.

PyconEPA/DHA 950 mg –promotes cardiovascular and neurological health.

Genal - Super antioxidant to support circulatory health, joint function, immune system, eye health and supports blood sugar metabolism.

### Herbal Medicine

A good way to start your understanding of herbal medicine is to work with a holistic doctor. Some herbs and supplements to consider include:

Garlic – daily intake of 2-4 cloves or 300 mg of odorless supplement may lower cholesterol in 3 weeks.

Psyllium– a rich soluble fiber also known as Metamucil. Take 1 Tbsp with 8 oz of water daily.

Gugulipid– an extract of the Indian mukul myrrh tree lowers cholesterol by stimulating the liver to break down LDL. Some studies show a modest 20%reduction of LDL and 18% increase in HDL.

Fenugreek – a soluble fiber.