INTEGRATIVE

Nutrition and CVD
in the Chiropractic Practice

by Lynn Toohey, Ph.D.

The research abounds with studies on nutritional supplements that can be helpful support in heart disease. I'd like to focus on 3 different particularly good nutritional approaches: fish oil, arginine and homocysteine-reduction nutrients. One of the reasons for this focus is that recent research shows these heart nutrients also have favorable effects on bone formation, something of interest to every chiropractor!

Fish Oil:

New and important markers now being monitored include C-reactive protein, or CRP (marker of inflammation, now believed to be a component in CVD etiology), and fibrinogen. High quality fish oil (scrutinize for pharmaceutical grade and toxin screening!) has the ability to lower CRP, fibrinogen, cholesterol, triglycerides, platelet integrin, and thrombin, AND have a favorable effect on arrhythmias and heart failure. In fact, “The inverse correlation between CRP and DHA (the long chain omega 3 fatty acid from fish) may reflect an anti-inflammatory effect of DHA in patients with stable coronary artery disease and suggest a novel mechanism by which fish consumption may decrease the risk of coronary artery disease.”

Arginine:

Arginine is a precursor for nitric oxide (NO), which is essential to dilate blood vessels, allowing adequate blood flow to the heart and all tissues and organs. There are over 1600 references in the literature to arginine and heart disease. In a sample abstract, oral supplementation with L-arginine, which has postulated antioxidant activity, prolonged exercise duration, most likely due to the NO-induced peripheral vasodilation. Arginine is described as having “known atheroprotective effects”.

Homocysteine:

Homocysteine is of proven toxicity in heart disease, and no one would dispute the fact that lowering it is a good idea. Homocysteine-lowering nutrients (folic acid, vitamin B-12, vitamin B-6, dimethylglycine, trimethylglycine) actively help CVD risk by facilitating the pathway, where natural sulfur is made at the end of that path. Making sure you are replete in molybdenum (needed to detoxify the sulfur metabolite at the end of the path and make it into the essential building block that sulfur is) or including it in a

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Here are some supplements that are available, to help your patients prevent heart trouble:

### Concentrated Omega 3 and Policosanol Microtabs
Anabolic Labs offers a wide variety of products to help promote heart health. These include essential fatty acids, CoQ10 and other specialty products targeted at promoting cardiovascular health. Two of our best selling products are Concentrated Omega 3 and Policosanol Microtabs. Concentrated Omega 3 provides 360 mg of EPA and 240 mg of DHA in one easy-to-swallow soft gel. Both of these essential fatty acids are critical to heart health. Policosanol is a revolutionary new supplement that helps maintain healthy levels of both LDL and HDL cholesterol without the side effects that can be associated with statin drugs (i.e., CoQ10 depletion). These products, in addition to many of our other vitamins, minerals and other nutritional supplements, can help your patients maintain healthy hearts and bodies.

For more information, call Anabolic Laboratories, Inc., at 949-609-4030.

### Biotics Heart Healthy Nutrition Products
Whether it’s covering the basics or targeting specifics, when it comes to heart health, Biotics Research Corporation has the products your patients need.

**Bio-Cardio Packs** provide the complete spectrum of basic cardiovascular supplement needs, including coenzyme Q10, essential fatty acids, antioxidants, vitamins, minerals and key synergists in convenient to use packet.

**Bio-Cardiozyme Forte** is the perfect platform from which to build a more targeted regime. Supplying necessary vitamins and minerals in highly bio-available forms, Bio-Cardiozyme Forte also incorporates key amino acids, antioxidant enzymes, and the highest quality glandular support to be found anywhere in the world.

Biotics Research Corporation is the first company to make coenzyme Q10 available to the USA. Our CoQ-Zyme products have been shown to possess superior bioavailability over other forms of coenzyme-Q10 products (Palmer study and Gerontology study).

For more information on these or our other heart-healthy products, call 800-231-5777.

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**Standard Process** offers many whole food supplements to help support the cardiovascular system and keep the heart healthy, including Cardio-Plus®, Vasculin®, Cataplex® E2, Cataplex® B, and Cardiotrophin PMG®. Cardio-Plus® is a special combination product containing bovine heart Protomorphogen™ extract and naturally occurring Coenzyme Q10, which is vital for the healthy functioning of a strong heart and cardiovascular system. Vasculin® contains bovine heart Protomorphogen™ extract, naturally occurring Coenzyme Q10, and vitamin B and E complexes to support the healthy functioning of the heart muscle. Cataplex® E2 contains the vitamin E complex, which is known for its ability to reduce oxygen consumption of heart and skeletal muscles. Cataplex® B contains different components of the B complex that are stimulatory to the cardiovascular system. Cardiotrophin PMG® contains bovine heart Protomorphogen™ extract to help maintain the heart in a good state of repair to support healthy heart function. For more information or to order these products, call 800-550-8740.

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**Some Benefits of Vitamin E for Heart Health in Chiropractic Patients**

By Dr. Frank Martin

Nutrition and preventive health-care are brothers; that is, they are intimately related. And they both overlap in their relationship to the “big idea” of health for our patients.

**Why use vitamin E?**

So, what can you expect from taking vitamin E? You can expect definite immune system and heart benefits and maybe a little protection from cancer. That’s what a majority of studies suggested in 1995, according to a review of the evidence by Mosheh Meydani, a vitamin investigator at Tufts University.

Now a study by the head of the nutritional immunology laboratory at Tufts University has demonstrated that vitamin E can reduce the incidence of respiratory tract infections in people 65 and older.

The results were that their chances of getting a cold, the flu, sinusitis or an ear infection were reduced by 20% compared to those receiving placebos.

**There is a difference!**

An unusual case in my practice was a lady, Georgina, who came to me with the complaint that all vitamin E made her sick. She explained to me that she was ultra sensitive to oil rancidity. She said it had been very expensive trying every encapsulated and unencapsulated brand of vitamin E, and everything in the drugstores and health food stores made her sick. I gave her a Unique capsule, she put it in her mouth, bit it open and stated, “Oh, wow, no nausea and it even tastes good.” Neither Georgina nor any other patient of mine has ever had a problem with Unique E.

I believe that BJ and other pioneers of our profession would approve and encourage that we treat our patients with nutrition, as well as educate them that nutrition is the basis of life and the foundation for the continuation of life.

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by Lynn Toohey, Ph.D.

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synergistic nutritional formula is a good idea. In one of the most recent articles on homocysteine, it is postulated that the mechanism of increased risk from high levels is tied to inflammation.³

Visit www.TheAmericanChiropractor.com for References

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www.amchiropractor.com