Heart disease or coronary heart disease (CHD) is the number one killer of Americans, and causes half the deaths in the U.S. today. An estimated 57 million Americans are afflicted with some type of heart disease. Heart disease claims over 720,000 lives each year. Although women believe breast cancer is the big killer, they are 11 times more likely to die from heart disease.

The implication of current research is that 80-90% of all heart attacks and strokes are preventable. Eliminating as much as possible those factors, which increase our risk of heart disease, can prevent heart attacks. There are specific risk factors you cannot control: genetic, gender and age. But there are risk factors that you can control including exercise, weight, high blood pressure, smoking and stress. Each risk factor increases the chances of a heart attack by two to three times. Two risk factors increase the danger three to four times. If you have three risk factors the danger increases eight to ten times.

High blood cholesterol levels have long been thought to be the predictor of heart disease. According to Jacqueline Krohn, M.D., “no study has definitively shown that reducing cholesterol by changes in diet, the use of drugs, or other methods decreases death rates from heart disease.” Dr. Krohn goes on to say that modern medicine tries to reduce cholesterol through diet and while diet is important, it is stress that plays a major role in triglyceride levels.

Dietary factors affecting cholesterol and triglyceride levels are not only the number of calories consumed but also the percentages of carbohydrates, protein, and fat. The American Heart Association recommends reducing the amount of dietary fat to 30% of the daily calorie intake. Some authorities like Dean Ornish, M.D. recommend an even lower percentage of fat intake.

Not only how much fat but also what kinds of fat consumed are important to heart health. Saturated fats are found in animal fats and should be limited in the diet. Monounsaturated fats like olive oil and polyunsaturated fats which include safflower, sunflower, and corn oils, are heart healthy oils. Trans fatty acids are vegetable oils that have been altered by the addition of hydrogen. This makes the oil solid and for years it was thought this oil was a healthier substitute for butter and other solid fats used in cooking. Forty years latter medical science has realized the incidence of heart disease has increased since the introduction of margarine and Crisco. It is now strongly recommended to avoid trans fatty acids. They can be identified on labels by the words partially hydrogenated.

There is growing evidence that a substance called homocysteine may be a factor in causing heart disease. Homocystine can be metabolized to make more methionine or cysteine but vitamin B-6, Folic Acid and B-12 must be present for this conversion to take place. If there is insufficient B-6 homocystine levels will build up in the blood and cause damage to artery walls. The damaged arteries encourage plaque buildup, which then clogs the artery.

In the last few years’ medical science has redefined coronary artery disease as an inflammatory disease of the blood vessels. They have learned it is inflammation that damages the artery walls, which then allows plaque to form eventually blocking the artery. The most import supplements you can take to reduce this inflammation are omega-3 fatty acides in the form of fish oil and vitamin C. These two supplements are so important and the science behind them so significant that the American Heart Association is now recommending people supplement with them. (For more information on the dangers of chronic inflammation read the Inflammation Syndrome by Jack Challem. This book is available from the Pain & Stress Center)

Coronary heart disease (CHD) is approximately four to five times more common in people with high blood pressure or hypertension. Blood pressure makes the blood circulate in the body. When blood pressure becomes elevated the heart has to pump harder, the arteries become less elastic and atherosclerosis or hardening of the arteries accelerates. Approximately two in every six people in the United States have high blood pressure. Approximately 36 million people walk around with blood pressure high enough to kill them and they are unaware that they even have a problem. Have your blood pressure checked by your physician at least once a year.

Symptoms of heart disease appear earlier in those with a family history of heart disease. Aging, stress, environmental factors, lifestyle and disposition take their toll as aging occurs and nutritional support is deficient.

Understanding Heart Disease

Angina is chest pain. It often occurs during stressful situations or during exertion. The frequency and severity of angina is most often determined by the stress and anxiety in a person’s life. The psychological component is a major factor in angina. Arrhythmias are irregular heartbeats. These most often occur in people with heart disease but can also happen in people who do not have any heart disease. Certain types of arrhythmias cause people a lot of anxiety because they become very aware of their heartbeat. Here again, stress can cause arrhythmias. Some arrhythmias are harmless, while others can be more serious. If you are experiencing this type of problem, see your doctor and find out exactly what you have and how serious it is.
Atherosclerosis is damage and hardening of the arteries. This is a major problem in America today. There is a two-step process to atherosclerosis; first the linings of the arteries, called the endothelium are damaged by physical, mechanical, viral, chemical, drug or immune factors. According to Jacqueline Krohn, M.D., deficiencies of vitamin C, vitamin E, and magnesium make the arteries more susceptible to damage. Once the endothelium is damaged it becomes more susceptible to a build up of cholesterol, which can eventually completely block the artery. Dr. Krohn says that atherosclerosis begins early in life, with one-year-old infants showing fatty streaks in the aorta (the major artery of the body) and by age 23, three out of four men have at least one major blockage in the arteries to the heart. According to USA Today, July 16, 2002 issue, updated guidelines in the journal Circulation, urge physicians to begin screening for heart disease at age 20.

Congestive Heart Failure (CHF) is a condition where the heart enlarges, causing it to grow week. Multiple changes take place, and then fluid backs up into the lungs. Symptoms of congestive heart failure are shortness of breath, weakness, weight loss and fatigue. Congestive heart failure can result from impaired blood flow due to atherosclerosis or it can develop into a condition called cardiomyopathy.

Nutritional Support:

Total Vite – 1 daily for a complete multivitamin.

Anxiety Control – stress is a major contributing factor in heart disease. Anxiety Control provides therapeutic amounts of GABA, glycine, glutamine, and herbs to help replenish depleted neurotransmitters so you can control your stress naturally.

L-Theanine is the relaxation amino acid. It produces a tranquilizing effect in the brain without causing drowsiness or dull feelings. Studies reflect L-T increases alpha waves in the brain that produces muscle relaxation and decreases stress-tension. The recommended dose of L-T is 1 or 2 capsules opened and dissolved in water or juice; the effects are felt within 20 minutes.

Arginine, an essential amino acid, plays a vital role in reducing coronary heart disease by increasing nitric oxide (NO) in cells that line the inside of your blood vessels. NO is the body's most potent blood vessel expander and main blood pressure regulator. Arginine can also lower cholesterol, open clogged arteries, reduce the chest pain of angina, boost immunity and lessen the complications of diabetes. Arginine can reduce platelet aggregation, a leading cause of heart attack and stroke. Unlike aspirin and other anti-coagulants, arginine does not increase the risk of hemorrhagic stroke, ulcers, gastric bleeding, or kidney damage. One study demonstrated that combining arginine supplementation with exercise has additive effects that make the combination superior to the separate interventions for blood pressure control. Recommended dosage is 1,000 mg, three times daily to a maximum of 6,000 mg. daily in divided doses. Positive results should be seen within a month. Note: if you are at risk for cold sores or genital herpes you must also supplement with lysine (500 mg) daily.

Omega-3 essential fatty acids are the foundation for our anti-inflammatory chemicals. The two primary essential fatty acids, Eicosapentaenoic acid (EPA) and Docosa-hexaenoic acid (DHA), are critical for heart health. These fatty acids are primarily found in cold-water fish like salmon and tuna. There is considerable danger in mercury toxicity in these fish so using a supplement is a safer choice. The brand of omega-3 we recommend is called ProDHA. This product is pharmaceutical grade, molecularly distilled omega-3 fish oil.

Rutozym is a formula containing nattokinase an enzyme that has shown extraordinary ability to dissolve blood clots as well as two enzymes known for their anti-inflammatory action, and a flavonoid complex that improves blood flow and strengthens the integrity of blood vessels. Nattokinase has been the subject of 17 studies. Researchers from Biotechnology Research Laboratories and ICR Pharmaceuticals Co. of Kobe, Japan, have tested its ability to dissolve a thrombus (blood clot) in the carotid arteries of rats. Animals that were treated with nattokinase regained 62 percent of blood flow, whereas those treated with plasmin regained just 15.8 percent. Plasmin is the only enzyme produced in the body to break clots down.

Vitamin E is a good all around antioxidant and is very important with heart disease. Vitamin E tends to have a protective factor in the arteries reducing the plaque build-up that causes atherosclerosis. In the Nurses' Health Study consisting of 121,000 female nurses aged 30-35, higher intake of Vitamin E and beta-carotene was associated with 34% and 22% lower risks of heart disease, respectively. Use 400 to 800 I.U. Daily.

Deluxe Scavengers is a total antioxidant formula. It contains beta-carotene, Vitamin C, CoEnzyme Q10, bioflavonoids, Vitamin E, Selenium, NAC (N-Acetyl Cysteine), P5P (B6). Antioxidants help to protect against free radical damage. Oxidative damage from free radicals tremendously increases the level of low-density lipids (LDL) or bad cholesterol. The recommended dose is 3 daily.

Mag Link – Magnesium is THE STRESS MINERAL. Magnesium deficiency is present in about 70% of Americans – probably due to eating more processed foods and produce grown on mineral depleted soils. Magnesium plays a key role in over 300 biochemical reactions in the body, and a deficiency results in a wide range of symptoms.

Magnesium along with other vitamins and minerals plays an important role in atherosclerosis prevention, muscle spasms, mitral valve prolapse, CHD, fatigue and more. Magnesium is vitally important and most often deficient in people with high blood pressure and arrhythmias.

CoEnzyme Q10 is an enzyme that decreases in the body with age. It is essential for people with hypertension, CHD and CHF. Recommended dose is 30 to 150 mg per day for those with heart problems.

Taurine 1000 – Taurine is the most prominent amino acid in the heart and plays a role smooth heart rhythms and nerve conduction. Taurine helps to balance the calcium and potassium in the heart as well as increasing the left
ventricular heart performance without changes in blood pressure. It is useful in Congestive Heart Failure patients by easing their physical signs and symptoms without side effects.

Carnitine & Chromium are essential to heart health. The primary function of carnitine in the body is to facilitate the production of energy from fat. The heart derives approximately 70% of its energy needs from the breakdown of fat. Clinical studies on cardiovascular health have shown that carnitine is helpful in the management of cardiovascular disease, whether that is recovering from a heart attack, arrhythmias, or angina. Carnitine supplementation can boost aerobic capacity, allowing you to exercise longer with less fatigue. Dr. Steven Sinatra, author of *L-Carnitine and the Heart*, says that there are five lifelong supplements to take for heart health; they are: coenzyme Q10, L-carnitine, alpha lipoic acid, Vitamins E and C.

Chromium is an essential trace mineral. Chromium helps insulin to work; in fact insulin can't function properly without an adequate supply of chromium. Without chromium we tend to become insulin resistant which can lead to a number of health problems one of which is diabetes, a risk factor for heart disease. According to Dr. Sherry Rogers, craving sugar is often an indication of chromium deficiency.

Both carnitine and chromium support normal cholesterol and triglyceride levels and assist with weight loss. Suggested dose is 1 capsule twice daily. **Rodex Forte** contains B-6, B-12, and Folic Acid, the nutrients to lower homocystine levels. Recommended dose is 1 capsule in the morning.

References:


