



Preventing Heart Disease

Protecting Your Heart and Circulation Naturally

Cardiovascular disease is the number one cause of death in civilized countries. One out of every two Americans will die from cardiovascular disease. More important than better treatment, we need to find better ways of preventing heart disease, because by the time you find out you have it, it could be too late to prevent fatality.

Most people are focused on cholesterol for prevention. However, hyperinsulinemia (excess insulin production) is an even bigger risk factor for cardiovascular disease than high cholesterol. Low fat, high carbohydrate diets actually contribute to the problem of heart disease. Eating more fruits and vegetables and less refined carbohydrates, along with adequate amounts of protein is a big key to preventing coronary heart disease.

Avoiding fats is also not the answer, but eating the right kind of fats *is* important in preventing coronary heart disease. Hydrogenated oils contain transfatty acids which cause free radical damage to arterial tissues and contribute to the development of arterial plaque. Monounsaturated fats are healthy for the body and actually reduce the risk of cardiovascular disease. Olive oil, nuts and avocados are sources of monounsaturated fats. Use olive oil for cooking. By the way, butter is healthier than margarine.

Most American diets are too rich in omega-6 essential fatty acids. Omega-3 essentially fatty acids help reduce inflammation and cardiovascular disease. Omega-3 EPA is an excellent supplement for helping to prevent cardiovascular disease. Flax seed oil contains a proper ratio of omega-6 and omega-3 essential fatty acids and is a good supplement to satisfy the body's needs for essential fatty acids. Lecithin is one of the good fats. It helps oil and water mix, liquifying cholesterol and dissolving plaque.

Fiber is also important for cardiovascular health. It helps eliminate excess cholesterol and toxins, and slows the absorption of sugar to lessen the problem of hyperinsulinemia. Studies show that for every 10 grams of fiber you add to the diet, you lower your risk of dying from heart disease by 17%. Nature's Three or LOCLO are good choices for fiber supplementation.

There are specific supplements that can be taken on a regular basis to improve cardiac health. Some of the herbs that help include hawthorn berries, which tonify the heart and cardiovascular system, and cayenne or capsicum which stimulates circulation throughout the body. Another important cardiac herb is garlic, which helps to lower blood pressure, reduce arterial plaque, eliminate excess cholesterol and prevent blood clots from forming in the arteries. All of these herbs are found in HS II, a great formula for anyone who wants to enhance their circulation.

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Ginkgo is another circulatory herb. It enhances circulation to the brain and benefits the peripheral circulation through its antioxidant properties. Ginkgo should be avoided with high blood pressure. Ginkgo and Hawthorn Combination provides the benefits of both of these herbs. Valerian is a nervine that also benefits the heart. It helps lower high blood pressure, regulates the heart rhythm, and regulates heart palpitations.

CoQ₁₀ is an enzyme found in all body cells, and the heart has the most of these enzymes. Scientific studies have shown that people who have suffered a heart attack or who have high blood pressure greatly improve by taking CoQ₁₀. Co-Q₁₀ Plus combines Co-Q₁₀ with capsicum, ginkgo and minerals that benefit the circulatory system.

Magnesium is an essential mineral for cardiac health. It regulates the heartbeat and lowers high blood pressure. This mineral prevents strokes by reducing platelet adhesiveness by about 40%. It also helps to absorb plaque. It can be used, like beta blockers, to prevent the heart from having spasms.

Butcher's broom was once used to scrub the butcher's chopping blocks to remove grease and oil. This herb has the same effect on the arteries. It has been shown to lower cholesterol levels and prevent blood clots. It is one of the herbs in VariGone, a formula that aids venous circulation and helps heal varicose veins.

Chelation therapy is another way to prevent and reverse heart disease rather than temporarily relieve the symptoms. Chelates are substances that grab onto foreign matter and take it out of the body system. Medical doctors use intravenous chelation, but many people have found that oral chelation has the same effects. Mega-Chel is an oral chelation program which contains vitamins, minerals, fish oil, and chelating agents, along with ginkgo biloba, hawthorn and coenzyme Q₁₀. Together these substances work to pull the plaque from the arterial walls.

Cardio-Assurance combines the benefits of a number of heart protecting herbs and nutrients into one product. Another general product for improving circulation is Blood Pressurex, which can help high blood pressure. There are many options available to help improve cardiovascular health naturally. Talk with an herb specialist to help you determine which options are right for you.

Selected References

- Encyclopedia of Natural Healing* by Michael Murray, ND, and Joseph Pizzorno, ND
Prescription for Nutritional Healing by James F. Balch, MD, and Phyllis A. Balch, CNC

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