



A Healthy Heart



Special points of interest:

- > Did you know you can download the cardiovascular risk assessment questionnaire from the website.
- > Chronic inflammation the driving force behind heart disease.
- > Fish oils for everyone (including vegetarians)
- > Is your waistline over 80cm for women and 94 cm for men? Then you need to read this newsletter.

Cardiovascular Disease

Cardiovascular Diseases are the most common cause of death in Australia accounting for 45% of all fatalities in 1991.

One of the main causes for this disease is atherosclerosis. This occurs when fatty deposits called plaque form on the artery walls. The plaque then hardens and blocks the blood vessels, eventually leading to a heart attack or stroke.

In the development of atherosclerosis, cholesterol and other fats in the bloodstream react with oxygen causing injury to the artery wall. Various blood cells are attracted to the site of injury where they mass together and trigger plaque growth.

Avoiding fatty meats, fried foods, simple sugars and margarine can help lower the thickness of your blood, a factor known to promote plaque formation. Blood thickness can also be kept low by drinking plenty of water, taking vitamins C and E, and eating fish. Vegetables such as garlic, onions, ginger, leeks and chives can also lower blood viscosity and provide a protective antioxidant effect.

The sensible eating approach in the booklet 'The Guide to Wellness' is a great way to help prevent cardiovascular disease. Pick up your copy of this booklet at your next appointment with Tracey Lee.

Cholesterol alone cannot cause atherosclerosis, it must first be oxidised (made rancid). A high concentration of antioxidants in the bloodstream such as vitamins C, E and natural carotenoids, prevents oxidation of cholesterol.

There is now little doubt that the regular intake of antioxidant vitamins, particularly vitamin E, can reduce the risk of cardiovascular disease. Natural Vitamin E exists in four different forms (alpha, beta, gamma and delta) and is far more effective when all four forms are present.

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Did you know?

If you are over 35yrs or have a family history of heart disease or stroke why not have your risk factors assessed?

You can now download your cardiovascular risk assessment questionnaire from Tracey Lee's website site.

The address is;

www.alternative-natural-remedies.com.au then click on 'clients information' then scroll down to 'download cardiovascular health questionnaire' or the address is; http://www.alternative-natural-remedies.com.au/client_page.htm

Print off and fill in this health questionnaire and bring it along to your next appointment.

Tracey Lee can discuss the findings in detail and show you how to reduce your risk factors and help prevent cardiovascular disease.

Anti-inflammatory Support

Inflammation strongly promotes heart disease as it initiates plaque formation and accelerates its growth. The combined effect of three herbs, rosemary, Olive leaf, and Hops has been found to have a potent anti-inflammatory activity, thus decreasing a major risk factor in the development of heart disease. This potent formulation also provides antioxidant support and avoids the gut damage commonly associated with the use of non-steroidal anti-inflammatory medications.

For more information on the role inflammation plays in heart disease read the article published in The Times at <http://www.time.com/time/magazine/article/0,9171,1101040223-590682,00.html>

From this article above; "inflammation has become one of the hottest areas of medical research. Hardly a week goes by without the publication of yet another study uncovering a new way that chronic inflammation does harm to the body.

It destabilizes cholesterol deposits in the coronary arteries, leading to heart attacks and potentially even strokes. It chews up nerve cells in the brains of Alzheimer's victims. It may even foster the proliferation of abnormal cells and facilitate their transformation into cancer. In other words, chronic inflammation may be the engine that drives many of the most feared illnesses of middle and old age"

This is a great article (note I also have copies at the clinic, ask at reception)

"Why is inflammation so important in preventing heart disease? For an easy to read explanation read 'The Fire Within' on line".

"The best form is a soft gel capsules of Co Enzyme Q 10; some studies have shown they are absorbed up to 270% greater than the dry formulations.

Co Enzyme Q10

Therapeutic use of Coenzyme Q10 (CoQ10) in cardiovascular disease has been well documented in scientific trials. CoQ10 is found mainly in the heart muscle. It acts as a free radical scavenger, helping to prevent cellular injury and oxidative damage to the artery wall. CoQ10 immersed in oil containing oleic acid has three times the absorption and po-

tency of tables or two-piece gelatine capsules.

It is important to take the correct therapeutic dose and a high quality product of coenzyme Q10 for it to be effective.

There is a wide range of Co Q10 supplements available but unfortunately some are not as effective as others. Some are powders and con-

tain synthetic forms which are the poorly absorbed by the body.

A naturally derived oil form called ensorb base has a 900% better absorption rate than the powdered form.

Ask Tracey Lee for the most cost effective way of adding CoQ10 supplement to your daily supplementation.

Omega 3 Fatty acids

Fish oils are rich in omega-3 fatty acids which inhibit plaque formation and reduce the risk of heart disease.

Two of the best types are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). EPA and DHA are anti-inflammatory and help lower triglycerides and total cholesterol, whilst increasing HDL (good cholesterol). These oils also reduce the body's tendency to form clots. It is advis-

able to use a fish oil which is pesticide and toxin free.

There are many types of fish oils on the market. Remember what you pay for is usually what you get.

How fish oils are processed will have a great impact on how well your body can absorb them. Some cheaper fish oil capsules need to be taken at 4 times the amount for your body to absorb the correct amount.

There is no vegetarian alternative to supplementing with EPA/DHA.

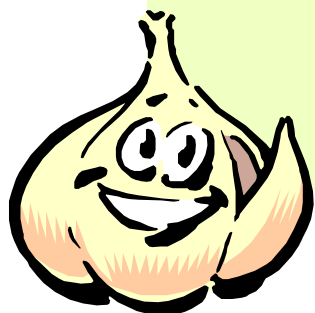
Flax seed oil and other nut and seeds contains omega 3 but these cannot be converted to the all important EPA/DHA.

I encourage vegetarians (especially in pregnancy) to consider taking a good quality fish oil.

"There is no vegetarian alternatives for EPA and DHA supplements. I encourage vegetarians to take a good quality fish oil".



Ginkgo (above) and Garlic are two lead herbs for cardiovascular health



Healthy Heart Herbs

Traditionally there are a range of herbal medicine that have been shown to help prevent and treat cardiovascular disease;

- Garlic prevents plaque formation and helps to reduce high blood pressure. Several studies have shown that it lowers serum cholesterol and triglycerides, and increases the amount of HDL. Both garlic and vitamin E inhibit the formation of blood clots and fat oxidation.
- Hawthorn berries and leaf has been traditionally used

as a heart tonic and helps lower blood pressure.

- Lime flowers or Linden has traditionally been used for high blood pressure and arteriosclerosis especially with nervous tension. It is also useful for headaches and sleep problems.
- Buckwheat (eaten as a grain, it is not related to wheat) is helpful in high blood pressure and for fragile capillaries (e.g. spider veins); it contains bioflavonoids. Make it into a porridge or as a flat bread.
- Ginkgo is often used to improve cerebral (head) circulation especially after strokes or TIA's. Note it can interfere with certain medications (especially aspirin and warfarin) so have your herbalist prescribe it.
- Motherwort has traditionally been used as a heart tonic herb especially simple tachycardia with nervous tension.
- Remember it is always best to have herbs individually prescribed for you by a qualified practitioner.

Vitamin B and Minerals essential to the healthy heart

Folic acid, vitamin B12 and vitamin B6 help prevent the build-up of a damaging amino acid, homocysteine. High levels of homocysteine are thought to be as common a cause of heart disease as high cholesterol.

Magnesium, potassium and calcium are an indispensable trio of minerals for the nutritional maintenance and function of healthy heart muscle. A

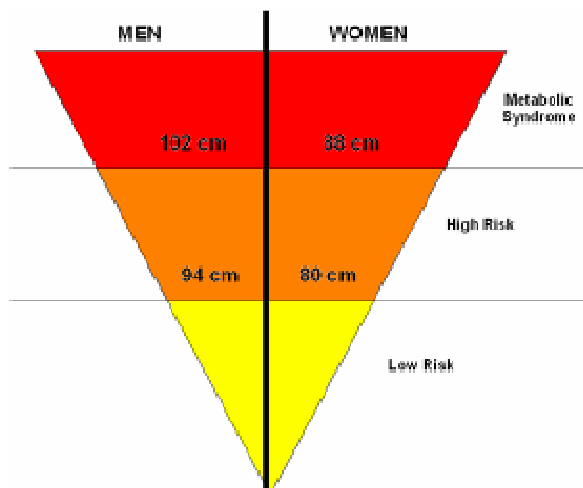
deficiency of magnesium or calcium can induce muscle cramps and heart-beat irregularities. (arrhythmia). Low potassium levels are known to be a risk factor for hypertension.

A CSIRO study found that 50% of men and 39% of men do not receive the RDI of magnesium. Current research indicates that most western countries a sufficient magnesium supply is difficult to achieve, particularly

in view of the increased demand for magnesium associated with common diet and lifestyle factors (especially stress, alcohol and poor mineral content in our Australian soils)

Vitamin B3 improves circulation. Vitamin B3 exists in two forms, Niacin and Nicotinamide. A combination of both forms reduces blood viscosity

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Weight and Waist line

The number on risk factor in cardiovascular disease is your expanding waist line.

For men over 102cm/women over puts you in the high risk group. For men over 94cm and women over puts you in the moderate risk group.

If you tend to put weight on around your middle more than any other area this may indi-

cate you are depositing the 'dangerous' fat.

Fat deposited around your internal abdominal organs will cause cardiovascular disease and increase your risk to diabetes.

Ask Tracey Lee for your VLA test to give an accurate reading of your internal fat stores.



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DIETARY & LIFESTYLE RECOMMENDATIONS TO REDUCE THE RISK OF CARDIOVASCULAR DISEASE

Use virgin olive oil or canola oil for cooking.

Limit your intake of butter, margarine, sugar and sweet foods.

Eat plenty of fresh vegetables, steamed or stir-fried in olive oil.
Include vegetables, such as: onions, ginger, leeks and garlic three to four times a week.

Eat fish at least twice a week, grilled or poached.

Eat two to three pieces of fruit daily.

One to two glasses of red wine a day is permissible.

Drink six to eight large glasses of water a day.

Eat less salt (especially from takeaway foods).

Supplement the diet with nutrients recommended by your health-care practitioner.

Exercise regularly, include a combination of cardio workouts and resistance training

Minimise stress

Forget buying low fat!

Low fat does NOT automatically mean it is good for you or that it will help prevent cardiovascular disease.

Low fat labels can simply be a marketing exercise to make you buy there product.

Just a note about low fat high calcium milk; some study show that you need the fat in the milk to help absorb the calcium!

There are two things in food that make it taste good, fat and sugar. If you take out the fat what do you think they put into the food to make it taste good? Sugar or some other artificial sweetening agent (which is even worse for your overall health).

So if you thinking eating healthy by

eating low fat, think again. It is the saturated fats and the 'heated' oils you need to avoid and reducing your high GI carbohydrates.

Our society has been 'conditioned' that 'low fat is good', that many people tend to forget just how much sugar and high GI carbohydrates they are really eating.

Read and avoid labels containing sugar, which include anything ending in '...ose' to see just how much sugar you are eating.

Do eat no more than 1-2 serve of grains a day? (i.e. bread, cereals, pasta, rice, cakes, biscuits, crackers). These are low fat so why should you only eat 1-2 serves a day?

It all has to do with the glyceamic index of the carbohydrate foods (or in how quickly they cause your blood sugar to rise)

For more information read "The wellness guide" booklet free at TraceyLee's clinic.

Did you know?

- **Fruit juice can have just as much sugar as soft drinks.**
- **Add cold pressed oils over meals containing grain eg rice or pasta lowers the GI of the meal.**
- **Cooking with oils to cause it to smoke causes 'bad' trans-fatty acids.**
- **The best oils to cook with are cold pressed safflower oil or macadamia oils.**
- **The number one food that obese children and adults eat is SOFT DRINK.**