

# How to Have a Healthy Heart

## Nutritional Support to Both Prevent and Reverse Heart Disease

Cardiovascular disease is still the leading cause of death in Western civilization. One out of two people die from it. So, it makes sense to do what we can to reduce our risk of becoming one of the “one in two” statistics. Unfortunately, much of the information in the popular media about reducing one’s risk of heart disease is based on outdated research.

For instance, most people believe that high cholesterol causes heart disease and that the lower your cholesterol level, the less risk you have of dying of heart disease. This simply isn’t true. More recent research shows that chronic inflammation (not cholesterol) is the cause of heart disease and that having your cholesterol get too low is just as bad as having your cholesterol too high.

Most people also believe that fats cause heart disease and that low fat diets will prevent heart disease. This is partially true because the wrong kinds of fats (such as margarine and partially hydrogenated vegetable oils) do contribute to the development of heart disease. However, it’s also true that good fats (such as olive oil, omega-3 essential fatty acids and the medium chain saturated fats found in organic butter from grass fed cows) actually protect your heart and reduce your risk of heart disease.

Furthermore, eating refined carbohydrates is far worse for your heart than eating fats. This is because sugar, white flour and other products spike insulin levels. High insulin levels are a bigger risk factor for heart disease than high cholesterol or high triglycerides. So, if this information comes as a surprise to you, it’s time to update your knowledge a little by reading this newsletter. But first, let’s look at some tools for evaluating your risk of heart disease.

### Evaluating Your Risk of Heart Disease

Most people feel that heart disease strikes without warning, but the truth is that there are many subtle clues that demonstrate the heart needs help long before a person has a heart attack. Besides high blood pressure and high cholesterol, here are some things to consider.

**Gum Disease**—There is a high correlation between inflammation of the gums and the risk of dying of a heart attack. If your gums are inflamed, so are your arteries.

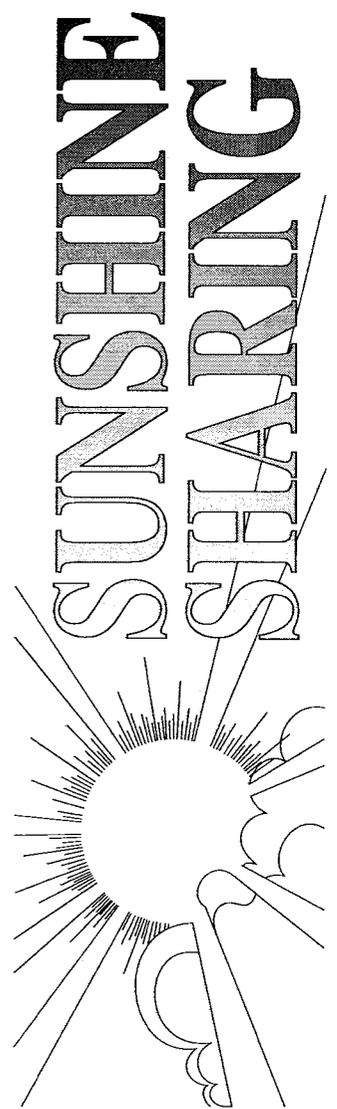
**Fatigue and Shortness of Breath**—Feeling no desire for physical activity and getting winded with minor exertion are early warning signs your heart may need some help. So are feelings of pressure or pain in your chest.

**Facial Clues**—A red, bulbous tip on the nose, spider veins on nose and vertical crease in the left earlobe are all early warning signs that your heart may need help.

**Iridology**—If you know an iridologist or are familiar with iridology, markings in the heart area of the iris, having a spleen heart transversal and/or having a lipemic diathesis (lipid ring) are all indicators of a genetic tendency to heart disease.

**Blood Tests**—Besides cholesterol and triglycerides, consider tests for homocysteine, fibrinogen, C-reactive protein, hemoglobin A1C, Lp(a) and ferritin (iron) checked. These tests can be more revealing of heart disease risk. If you are concerned about your heart and circulation, consider getting these blood tests done.

If you show signs of needing help with your heart, take action now. Look inside to learn about some of the supplements that can help. Then, work with your doctor or other health care consultant to determine which specific supplements are right for you.



Your guide to better health the natural way.

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### Important Notice

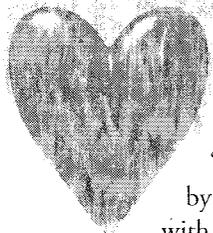
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## Keep the Fire Under Control



In traditional medicine the heart is associated with the element of fire, and it's perfectly easy to see why. Our hearts "burn" with love and passion, are "sparked" by inspiration and enthusiasm, and "ignite" with courage and conviction.

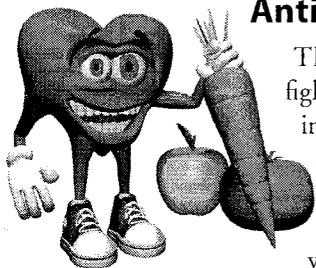
So, a certain amount of "fire" in our hearts keeps us alive. However, the wrong kind of "fire" in our hearts will slowly but surely kill us. We're talking about the fire of inflammation and oxidative stress.

Inflammation is the body's normal response to damage. However, when inflammation becomes chronic, it leads to degenerative diseases like hardening of the arteries. This chronic inflammation is typically ignited by free radical damage, also known as oxidative stress.

Oxidative stress and the inflammation that accompanies it is what allows cholesterol and minerals to stick to our arteries, forming arterial plaque. This lessens blood flow to the heart, brain and other parts of the body, increasing the risk of heart attack, stroke and other arterial blockages.

That's why the single most important thing you can do to reduce your risk of heart disease is to obtain adequate amounts of antioxidant and anti-inflammatory nutrients. These nutrients are found primarily in fresh fruits and vegetables. Experts in the field recommend 5-9 half-cup servings of these foods every day, but the average American gets only one and a half servings daily.

## Antioxidants Douse the Fire



Think of antioxidants as the fire fighters that keep oxidative stress and inflammation under control. If you're one of the millions of Americans who aren't eating enough fresh fruits and vegetables, supplementing your diet with extra antioxidants is one of the

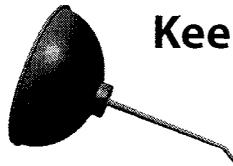
best things you can do to reduce your risk of heart disease, cancer, dementia and other degenerative diseases associated with aging.

**Thai-Go** is a tasty fruit beverage with a *certified* high ORAC value. (ORAC is a measure of antioxidant capacity.) Other products claim high ORAC values but Thai-Go has been certified by the very company that developed ORAC testing. Thai-Go is also anti-inflammatory, giving your "overheated" heart the relief it needs.

If you prefer to take antioxidants in a capsule form, consider taking **Super ORAC**. This encapsulated blend also helps reduce inflammation and free radical damage to protect your heart from the fires of inflammation.

When it comes to protecting your heart, however, one of the best antioxidants is **Co-Q10**. If you have gum disease, take statin drugs or already have heart problems, you should definitely use Co-Q 10. You can read more about it on page three.

## Keep Your Blood "Pump" Well-Oiled



For a long time we've heard the dogma preached to us that high fat diets contribute to heart disease, and that margarine and vegetable oils are healthier for us than butter, coconut oil or animal fats. In response to this propaganda many people have adopted low fat diets, avoiding eggs, whole milk and red meat in an effort to stay healthier. Unfortunately, this hasn't reduced deaths from heart disease.

The fact is that fatty acids are the preferred fuel of the heart. In other words, the heart needs fats to be healthy, but not just any kind of fats; it needs good fats.

Margarine, shortening, processed vegetable oils and most deep, fat-fried foods are examples of bad fats. These fats have been molecularly altered and do contribute to chronic inflammation, heart disease and other health problems. But, the natural fats found in high quality foods actually have the opposite effect. So, if you want a healthy heart, keep it "well-oiled" with the right kinds of fats.

## Believe it or Not: Fats Are Essential to Heart Health

What has blown the whole high fat equals heart disease myth is the discovery of cultures (such as Mediterranean and Eskimo) that have both high fat diets and low incidence of heart disease. Part of the secret is an essential fatty acid called Omega-3.



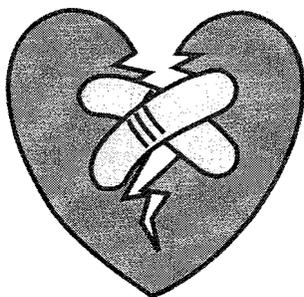
Omega-3 is in short supply in most Western diets. This is because omega-3 fatty acids go rancid very easily, so they don't have a long shelf life and hence, aren't found in the modern convenience foods that dominate our diet.

Omega-3 fatty acids actually reduce the risk of heart disease. They reduce chronic inflammation and can help to lower high blood pressure and other risk factors. High levels of omega-3 fatty acids are found in wild game, grass-fed beef, pasture-raised chickens and eggs, deep ocean fish, flax and hemp seeds, and nuts like walnuts and macadamia.

So, if you want a healthy heart you should *avoid* margarine, shortening, fried fast foods and other processed fats. However, you should also *increase* the consumption of foods high in omega-3 fatty acids. Supplementation with **Super Omega-3 EPA** also makes good sense if you want to protect your heart and keep it running smoothly.

And, while we're at it, butter from organically-raised, grass-fed cows is a very healthy fat. So is organic, virgin coconut oil. The medium chain saturated fats in these oils are the preferred fuel of the heart and are also important for your immune system. For a particularly healthy spread, try blending one pound of softened butter with 1 cup of **flaxseed oil** to make a tasty and nutritious soft spread butter. The flax seed oil will add additional omega-3s.

# Heart-Mending Supplements



There are numerous herbs and nutritional supplements that can help to both prevent and reverse heart disease. We can't cover them all, but here are a few of the most important ones.

## Co-Q10: The Heart Protector

Over 4,000 scientific studies have been done on Coenzyme Q-10, known as Co-Q10 for short. Research shows that this antioxidant helps reduce cardiac inflammation and both prevents and helps to reverse heart disease. It also reduces inflammation in the gums to help heal gum disease.

The beneficial effects of Co-Q10 are numerous. It reduces blood pressure, aids recovery from heart attacks, keeps LDL cholesterol from oxidizing and improves energy production in the heart muscle. Statin drugs deplete Q-10, so this supplement should always be taken by people using statin drugs to lower cholesterol.

**Co-Q10 75** is a very powerful Co-Q10 supplement. For prevention of heart disease consider 1 or 2 gel-caps per day. For angina, arrhythmia, high blood pressure and gum diseases, 2 to 5 gel-caps per day is recommended. For serious heart problems, recovery from heart disease or heart failure, it is safe to use between 4 and 8 caps per day.

## L-Carnitine for Heart Energy

This important amino acid, found primarily in red meat, transports fatty acids to be metabolized for energy in the mitochondria. It improves energy production and oxygen utilization in the heart and can be very helpful for improving heart health.

## Magnesium to Prevent Spasms

About half of all Americans are deficient in magnesium, a critical mineral for heart health. Magnesium helps the heart and blood vessels to relax properly, which reduces stress on the heart, helps protect the heart against spasms and helps lower blood pressure. Magnesium is also essential for energy production in the heart.

## Additional Help and Information

Heart disease is a serious problem, so you should always consult with a competent health care practitioner for help when dealing with cardiovascular problems. If you have questions about herbs and supplements to help with heart health, talk to the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources for more information:

*Reverse Heart Disease Now* by Stephen T. Sinatra, MD, James C. Roberts, MD with Martin Zucker

*The Doctor's Heart Cure* by Al Sears, MD

*Have a Healthy Heart DVD* with Steven Horne and Kimberly Balas ([www.treelite.com](http://www.treelite.com))

## Cardio-Assurance for Cardiac Health

This blend contains nutrients that help to metabolize homocysteine and acts as an antioxidant to protect the heart. It can help maintain normal cholesterol and inhibit the formation of clots in the circulatory system. Use it as a preventative supplement to strengthen and support the heart.

## Mega Chel to Remove Arterial Plaque

This powerful oral chelation product can be used to help reverse arterial plaque build-up and improve circulation to heart, brain and peripheral areas of the body. It can also be used in place of a daily multi-vitamin and mineral for people who wish to maintain healthy circulation. Talk to the person who gave you this newsletter to obtain instructions on how to do the Mega-Chel oral chelation program.

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## Keep Your Blood Flowing



Our blood contains a protein called fibrinogen. When we cut ourselves, fibrinogen helps form blood clots, an important defense mechanism that protects us from bleeding to death. Unfortunately, this same substance can cause our death when a blood clot forms inside the circulatory system and lodges in our heart or brain, resulting in a heart attack or stroke.

When a person's blood is too thick with fibrin, doctors prescribe blood thinners. There are some natural options, however, to prevent the formation of blood clots in the circulatory system. One of these options is **Vitamin E**, which acts as an antioxidant and helps to naturally thin the blood.

**Butcher's Broom** is an herb that is most commonly used to treat varicose veins. However, it also appears to inhibit clot formation in blood vessels without thinning the blood, especially when taken with vitamin E.

The latest, and most promising, addition to the arsenal of natural tools to prevent blood clots naturally is nattokinase. This enzyme, found in the fermented soy product natto, breaks down the fibrin mesh that forms blood clots. Research has demonstrated that taking nattokinase may prevent blood clots from forming in the circulatory system and may even dissolve blood clots that have already formed.

**Nattozymes Plus** is a formula that contains fermented soy enzymes that have the benefits of nattokinase. It contains the natto enzymes, hawthorn berries, capsicum, dandelion leaf and resveratrol. Taking 1 capsule of Nattozymes Plus between meals twice daily on an empty stomach can help reduce one's risk of forming blood clots while enhancing overall cardiac health.



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# Get Heart Smart

Heart disease is the cause of half of all deaths in Western civilization. So, how much do you know about the latest research about how to prevent this leading cause of death?

In this issue of Sunshine Sharing, you'll learn about the real causes of the epidemic of heart disease plaguing modern society and what you can do to prevent and even reverse it.

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## **RG-Max to Reduce Blood Pressure**

This blend of amino acids contains 5 grams of L-arginine. L-arginine helps nitric oxide, which dilates the blood vessels to reduce blood pressure. It also contains citrulline, L-carnitine and other amino acids that support healthy circulation. RG-Max can even help with erectile dysfunction in some men.

## **Green Medicine for Your Red Heart**

There are many herbs that can be used to promote heart health. **Hawthorn** acts as a tonic to strengthen the heart muscle, dilates peripheral arteries, improves oxygen uptake in the heart and reduces cardiac inflammation. It is safe for regular daily use and one of the best tonic herbs we have for the heart.

**Garlic** helps balance cholesterol and blood fats and reduces blood pressure. It also helps thin the blood to prevent blood clots. **Capsicum** stimulates better circulation throughout the body. It reduces inflammation and helps normalize blood pressure. Finally, **ginkgo** enhances peripheral circulation and improves blood flow to the brain. It also helps prevent blood clots from forming.

These herbs form the basis of several herbal formulas for heart and circulatory problems. **HS II** supports heart health with hawthorn, garlic and capsicum. **Ginkgo/Hawthorn** supports circulation to the heart and brain. **Capsicum, Garlic and Parsley** helps promote better circulation and lower blood pressure as does **GC-X**.

There are many other herbs and supplements that can help support cardiac and cardiovascular health. To determine which herbal products or supplements are best for you, talk to the person who gave you this newsletter.