

Heart Health Solutions Program

Daily MUSTS

- Multi-vitamin/mineral daily
- Essential Fatty Acids (EFA's)
- Greens Product
- Protein

Recommended

- Hawthorn
- Garlic
- Vit. A,C, E, selenium
- CoQ10

Other Considerations

- Deficiencies of vitamins A, C, E and selenium
- Deficiencies of B6, B12 and folic acid
- Deficiencies of other related nutrients of magnesium, essential fatty acids (EFA's), chromium, niacin and fibre.

The greater the number of Risk Factors - the greater the risk of heart disease and stroke

**PREVENTION IS ALWAYS BETTER THAN CURE.
DECREASE YOUR RISK FACTORS.**

Controlling the Risk Factors greatly reduces the risk of disease.

Q & A

Q Can fish oil (omega 3's) help heart problems?

A There has been a vast number of clinical trials and scientific study on the effect of omega-3 fatty acids and heart disease. Impressive results have been noted in lowering the risk of heart attacks and reducing blood pressure.

Q What are good fats?

A Not all fats are created equal. Research has shown that certain types of fat protect us from high cholesterol, diabetes, and high blood pressure. These types of fat are turning out to be so healthy that you probably need to provide more of them in your daily diet. These good fats include omega-3 fats.

All Nutrition House *DAILY MUSTS* products are part of...

THE **nutritional** 
foundation program
A simplified system for good health

If you have any questions or require any further information please contact nutrition house at 1-905-707-7633, www.nutritionhouse.com

natural health solutions

By Michele Sevier



Improve your heart health today!

Heart Health Solutions Program

"Cardiovascular disease is largely preventable. We have the scientific knowledge to create a world in which most heart disease and stroke could be eliminated." Advisory Board of the International Heart Health Conference 1992

Cardiovascular disease is the #1 killer in North America.

Cardiovascular diseases are defined as diseases and injuries of the cardiovascular system: the heart, the blood vessels of the heart, and the blood vessels throughout the body and within the brain.

These may include...

Atherosclerosis – fatty deposits or plaque on the inner lining of the arteries that narrows the arteries and reduces their elasticity

High blood pressure – a silent killer that happens when blood moves through your arteries at a higher pressure than normal, straining the heart as it pumps the blood through the arteries.

Heart attack – when the blood supply to some part of the heart muscle is stopped abruptly.

Stroke – A loss of brain function caused by the interruption of the flow of blood to the brain or the rupture of blood vessels in the brain.

Heart disease is a disease of affluence that has been linked to diets low in fibre and high in animal and bad fats (trans fats and hydrogenated oils).



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Learn how to take control of your health...naturally!

Lifestyle – Exercise – Attitude – Nutrition

Lifestyle – By making simple changes to your lifestyle, you may greatly reduce your risk for cardiovascular disease. The more changes you are able to incorporate, the greater the risk reduction. Knowledge is the key to success. Find out about your current risks and educate yourself on the topic. Seek regular medical check-ups by your primary care physician. Mental stress is a known contributor to poor heart health. Use stress reduction techniques each day. Become more pro-active with habits such as drinking and smoking. Reduce or remove these substances for optimal health.

Exercise – If exercise was a prescription drug, it would be the most prescribed drug EVER. We are all seeking that magic pill to take all our troubles away. Exercise IS that magic pill. A regular exercise program will increase your HDL (good) cholesterol and reduce your LDL (bad) cholesterol. It strengthens the heart and the vascular system, while improving heart efficiency. Exercise is an effective form of stress management that will decrease the resting heart rate, which reduces the daily wear and tear on the heart and the cardiovascular system.



Attitude – A positive attitude is critical to the achievement of any personal health or weight loss goals. Keep it positive. The mind matters. Positive thought patterns can provide relaxation. Relaxation in turn allows the body's natural healing rhythms to maintain balance and good health.



Nutrition – Nutrition is the foundation of good health. Remove/reduce bad fats and increase your intake of EFA's (essential fatty acids). Increase high density nutrients such as fruits, vegetables (greens products) and complex carbohydrates. Consume foods rich in folate such as leafy greens, asparagus, wheat germ and orange juice. Avoid caffeine as it increases the blood levels of cholesterol and triglycerides, raises blood pressure and increases the heart beat. Increase fibre intake and begin consuming 25mg of soy protein a day. (it reduces LDL (bad) cholesterol).

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Vitamin A, beta-carotene, Vitamin C, Vitamin E and the mineral selenium are most important to heart health. According to Richard Passwater PhD, research scientist, it may be more important that what you eat. Nutrients such as these and other antioxidants help prevent the damage to the artery linings that start the heart disease process.

Essential Fatty Acids (EFA's) are associated with many aspects of cardiovascular health. They are good fats that regulate blood pressure and possess anti-inflammatory properties. They are the building block for cell membranes and most diets today are lacking in omega 3 essential fats. Fish and flax oils rich in omega 3's help lower LDL cholesterol/triglycerides and inhibit blood clots. Hawthorne is used by medical physicians in Europe. It is prescribed to prevent cardiovascular disease and/or to alleviate the symptoms of mild to moderate cardiovascular disease. It can increase blood flow to the heart muscle, increase

cardiac performance and possesses an anti-arrhythmic effect.

CoQ10 is a nutrient required by every cell of the body in order to provide energy. It is a strong antioxidant that strengthens the heart and may lower blood pressure. CoQ10 is one of the most widely used drugs in Japan for heart conditions. According to Michael Schacter MD, many cholesterol lowering drugs and some beta blockers (drugs used to treat heart disease) actually deplete the heart and other tissues of CoQ10.

Garlic helps to reduce cholesterol, inhibits platelet aggregation, and lowers blood pressure.

Soy Protein reduces LDL (bad) cholesterol and helps reduce the risk of heart disease. It may also reduce the risk of prostate cancer, colon cancer and osteoporosis.

Primary Risk Factors

- Cigarette smoking
- High cholesterol
- High blood pressure

Secondary Risk Factors

- Diabetes
- Overweight/obesity
- Alcohol abuse
- Stress
- Poor dietary choices
- Genetics

