

CARDIOVASCULAR DISEASE

Nutrients that are good for the heart

A diagnosis of cardiovascular disease, usually hypertension (high blood pressure) or dyslipidemia (elevated cholesterol), often marks the beginning of multiple medication therapy. A multiple medication regimen not only can be difficult and expensive to maintain, but quite often brings on drug-induced nutrient depletions, due to the actions of the medications used. With the potential problems of unaddressed cardiovascular disease and the adverse effects of the medications used to treat this disease, many individuals attempt to address their cardiovascular issues with nutritional options.

However, before looking at nutritional supplements, we need to look at lifestyle changes. Poor diets with too much hydrogenated fat from processed fats, or too little essential fatty acids, can bring about cardiovascular disease. Daily exercise is essential to help protect the heart and prevent cardiovascular disease. Minimizing stress and good weight management are also critical to good heart health. Once cardiovascular disease has been diagnosed, lifestyle and diet changes are absolutely critical to minimize medication use.

When it comes to lowering lipid fractions, there are many nutritional products that have proven helpful. Berberine, which is found in our product Berberine Support, is an herbal product that has been shown to lower cholesterol levels comparable to statin drugs, and also to lower blood sugar and insulin levels comparable to the prescription drug metformin. Red yeast rice has a long history of being helpful for lowering high cholesterol. Magnesium has been shown to decrease lipid factors, and when taken with coenzyme Q10, a heart protectant, improves heart stamina. Finally, healthy omega-3 oils such as Omega-3 Fish Oil, Enteric Coated, High Potency help to offset harmful fats and oils, and decrease overall body inflammation.

Looking at the heart vessels and vasculature in the body, a number of products have been found to help keep blood vessels open, and minimize hypertension caused by small, occluded vessels. Hawthorn berry extract has been recognized for centuries as a potent cardiovascular tonic, improving the function of the heart and circulatory system. A new product to our line, Neo40 Pro has been shown to increase nitric oxide levels in individuals. By enhancing nitric oxide levels, blood flow and oxygen delivery are enhanced, blood vessels are relaxed, and high blood pressure is lowered.

When addressing cardiovascular disease such as high cholesterol or high blood pressure, it may require multiple nutritional supplements to thoroughly manage these problems. Our nutritional team is here to help you keep a happy, healthy heart.

- Berberine Support
- Red Yeast Rice Plus
- CoEnzyme Q10
- Omega-3 Fish Oil, Enteric Coated, High Potency
- Hawthorn Berry Extract 100 mg
- Neo40 Pro

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