

The Wellness Express™



Jump on the train to good health

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Top Heart Health Supplements

Presented by: Total Health Systems

Introduction

Achieving and maintaining excellent heart health has never been more important. According to Harvard Health Publications, approximately 65 million people in the United States have high blood pressure, 7 million people have had a heart attack and 11 million people are currently suffering from some other type of cardiovascular disease that affects their circulatory system and quality of life.¹ Cardiovascular disease is a major health problem in many countries around the world.

Lifestyle factors play an important role in preventing heart and circulatory problems and a well-rounded approach to the prevention and treatment of cardiovascular disease involves good nutrition, consistent and appropriate exercise and weight control. Certain dietary supplements may also play an influential role in preserving your heart and blood vessel health. Your chiropractor can counsel you on the most effective supplements for your specific needs and he or she may recommend some of the following supplements.



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Fish Oil

Fish oil can be obtained from eating fish - tuna, salmon, mackerel, sturgeon and sardines, among others - as well as dietary supplements. Fish oil is rich in omega-3 fatty acids and it has been used, in supplement form, to treat a wide variety of conditions, including conditions of the heart and blood vessels. According to the U.S. National Library of Medicine, fish oil may be helpful in reducing blood pressure and triglyceride levels and preventing heart disease or stroke.² A 2000 article published in the *American Journal of Clinical Nutrition* reaches similar conclusions, stating that fish oil (and omega-3 fatty acids in particular) favorably affect atherosclerosis, coronary heart disease, inflammatory disease and even certain behavioral conditions.³

Garlic

Garlic, which is rich in antioxidants, has been used as both food and medicine by many cultures for thousands of years. According to the University of Maryland Medical Center, research evidence suggests that garlic may slow the progression of atherosclerosis, or hardening of the arteries, and decrease blood pressure by 7 to 8 percent.⁴ Garlic also appears to possess anticoagulant, or blood thinning, properties,

Exercise of the Week Side Crunches with Exercise Ball in a Supine Position

(Consult your chiropractor before engaging in this or any other exercise.)

Difficulty: Moderate to advanced

Start: Lie on back with arms to side, palms up. Position ball behind legs so it can be lifted off floor with hamstrings/adductors.

Exercise: Lift ball just off floor. Pull stomach inward while inhaling and lift head and shoulders. As you exhale, tilt sideways, reaching for ball. Keep arms parallel to floor at all times. Return to starting position, then switch sides.

Repeat 10-15 times.



which means that it may help prevent heart attacks and strokes.

Coenzyme Q10 (CoQ10)

Coenzyme Q10, or CoQ10, is a vitamin-like substance found within your body, especially in your heart, liver, pancreas and kidneys. CoQ10 can be obtained from certain dietary sources - meats, seafood - or in supplement form. This supplement is commonly used in treating congestive heart failure, chest pain, elevated blood pressure and heart problems associated with certain cancer drugs. A 2006 study published in the *Journal of Cardiac Failure* states that CoQ10 does indeed improve systolic function, or the heart's pumping ability, in people who have chronic heart failure.⁵

Resveratrol



Red wine contains antioxidants called polyphenols and one polyphenol in particular, resveratrol, may help prevent blood vessel damage and reduce the likelihood of blood clots, notes the Mayo Clinic.⁶ According to a 2009 study published in the *Journal of Cardiovascular Pharmacology*, resveratrol helps reduce the number of deaths associated with cardiovascular complications, favorably alters the progression of atherosclerosis and ischemic heart disease and even increases life span by activating longevity genes.⁷ Resveratrol can be obtained from red wine or certain dietary supplements.

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Green Tea Extracts



Green tea has long been used for medicinal purposes, including to improve heart and blood vessel health. Green tea, which contains powerful antioxidants called polyphenols, prevents inflammation in your body's tissues, which helps keep your blood vessels flexible and relaxed. Flexible and relaxed blood vessels are better able to handle constant fluctuations in blood pressure. According to a 2004 study published in the journal *Heart*, green tea consumption can reverse endothelial dysfunction - dysfunction of the inner lining of blood vessels - in seemingly healthy smokers, most likely through its strong antioxidant effect.⁸ The antioxidant properties of green tea - and green tea extracts, herbal derivatives from the leaves of the *Camellia sinensis* plant - may help prevent atherosclerosis, particularly coronary artery disease.

Considerations

You should avoid taking dietary supplements to improve your heart health until you speak with your chiropractor. Your chiropractor can counsel you on the most appropriate supplements to support your heart health and other health concerns. Your chiropractor understands the role of supplements in supporting your long-term well-being and can make valuable supplement recommendations based on your own unique health history.

Quote to Inspire

"A good head and a good heart are always a formidable combination."

Nelson Mandela

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