
EAT-RITE NEWS

February 2014

February Is Heart Health Month

How healthy is your heart?

February has been designated as heart month. It is a reminder for Americans to get their cholesterol, blood pressure, and various tests that show how healthy your heart is. CoEnzyme Q10 is a very important nutrient for the treatment and prevention of cardiovascular diseases such as elevated cholesterol levels, high blood pressure, congestive heart failure, cardiomyopathy, mitral valve prolapse, coronary artery bypass surgery, and angina. Many scientific studies have validated these uses.

CoQ10 is an essential component of mitochondria – the energy producing unit of the cells of the body. CoQ10 is involved in the manufacture of ATP, the energy currency of all body processes. CoQ10's role is similar to that of a spark plug in a car engine without the initial spark, the human body cannot function without CoQ10. CoQ10 can be synthesized within the body, but sometimes the body simply does not make enough. The heart is one of the most metabolically active organs in the body, and a CoQ10 deficiency affects the heart most and can lead to serious problems. Deficiency can result from impaired CoQ10 synthesis due to poor diet, genetic or acquired defects in coQ10 synthesis, use of

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Mark your Calendars for April 28th and 29th. Blood screening will be available on these two days.

The Inflammation Connection

More and more information is accumulating that indicates inflammation plays a major role in the development of many diseases from arthritis and Alzheimer's disease to heart disease, psoriasis and even stroke. That is because inflammation represents a very basic response by the body to alterations in the cellular environment, whether the cells line the gums (gingivitis), skin (sunburn), arteries (atherosclerosis) or joints (arthritis). The body's most basic purpose for inflammation is to repair itself, as well as defend against clear and present dangers.

While the inflammation associated with arthritis or psoriasis is usually quite obvious, the inflammation of most concern in modern life often goes unnoticed. It is the low-grade, chronic inflammation that triggers hardening of the arteries (atherosclerosis), Alzheimer's disease and cancer and that threatens most people's real quality of life.

Your diet can either promote or prevent inflammation. Through a complicated process your body breaks down foods into inflammatory compounds or anti-inflammatory compounds. Overcooking food or foods cooked at high temperatures (including French fries, blackened and barbecued foods, fried chicken- high heat frying or deep-fried foods) incite the inflammatory response because they create advance glycation end products (AGES). As the body tries to break these AGES apart, immune cells are activated which secrete inflammatory compounds. Depending on where the AGES occur, the result can be arthritis, heart disease, cataracts, memory loss, wrinkled skin or diabetes complications, to name a few. To prevent inflammation, eat at least six servings of vegetables and one serving of fruit every day. These are foods that are the best choices for reducing inflammation. Avoid all foods containing partially hydrogenated or hydrogenated fat, and processed foods of all types. These foods should be labeled "Warning inflammation will occur if you eat this". Using certain spices in cooking will also help reduce inflammation. Turmeric, ginger, and curry are a few examples of spices that have been shown to reduce the inflammatory response. Omega 3 fatty acids found in cold water fish and flax seeds are very beneficial in reducing the inflammatory response. There are many other wonderful foods that are beneficial in reducing inflammation, but they will not be found in restaurants, or fast food. The first step in reducing pain and arthritis, is to prepare food at home from fresh produce, and good quality meats, and proteins.

cholesterol lowering drugs, or increased tissue needs. It has been recommended that anyone taking a statin drug for lowering cholesterol should also take a CoQ10 supplement to offset the side effects of muscle wasting and leg cramps, associated with taking a statin drug. There are no known adverse interactions between CoQ10 and any drug or nutrient; however, before starting a new supplement you should talk to your health care provider

There are many things a person can do for their heart. Diet and exercise are at the top of that list. We know that a diet that is high in refined and processed foods will increase your risk of having heart disease. A diet that is high in wholesome food will help prevent heart disease. When you think about the different types of food think about processing. You wouldn't dig up a potato chip or pick an ear of corn chips. These foods are not in their natural state. They have been processed by man to make a more appealing product. One of the worst things you can eat for your heart is hydrogenated, or partially hydrogenated fat. This type of fat is found in margarine, shortening, chips, bakery products, crackers, candy bars, and many other products. It is manufactured by man to make a more shelf-stable product. This type of fat is solid at room temperature, and an analogy for it is that it stays solid in your vessels causing plaque build-up and blockages. Our muffins and bakery products use liquid oil, and our chips are not hydrogenated. We have alternatives for you.

Exercise is a vital part of any heart healthy program. A minimum of 20 minutes 3 to 4 times per week is necessary for cardiac health. A strength-training program can also be helpful. Stimulating the large muscles will increase resting metabolic rate, which burns more fat in the arteries and around the gut.

A good protocol for heart health would include:

1. Flax seed oil
2. ACES (antioxidants)
3. Kyolic aged garlic
4. Choline and Inositol
5. B-Stress Complex
6. Zymactive
7. Coenzyme Q10
8. Exercise program
9. Diet program
10. Do not smoke
11. Stress Reduction

A combination of the above protocol will greatly reduce your risk of heart disease and improve your cholesterol levels.

For more information on a healthy heart, visit with one of our nutrition experts at Eat-Rite.

ARE YOU DEFICIENT?

Most medical doctors now believe and recommend that people of all ages supplement with at least a multi-vitamin per day. It has become virtually impossible for the average person to receive everything they need from the food they eat. Good nutrition is vital for everyone, no matter what his or her age. Nutritionists have identified six nutrients that are often not consumed in adequate amounts by adults over the age of 50 years.

Protein: Necessary for muscle growth, wound healing, immune function and fluid balance in the body, protein is found in meat, fish, chicken, eggs, and dairy products. The best sources of meats are lean meats.

Calcium and vitamin D: These nutrients work hand in hand in the prevention of osteoporosis. Calcium comes from dairy products, green leafy vegetables, and bony fish like sardines. Vitamin D can be manufactured in the body from the sun, and is found in fortified milk and orange juice. The best way to ensure you are getting enough calcium is to take a calcium supplement with all the co-factors. Co-factors help with the absorption and utilization of calcium to ensure proper bone density.

Vitamin B-12: This vitamin is very important in nerve function, including memory function and blood cell formation. The best source of vitamin B-12 is red meat. Elderly people are often deficient in B-12 because the enzyme required to absorb B-12 is missing or lessens with age. It is often a good idea to supplement with a sublingual or lozenge form of B-12 to ensure absorption.

Folate: Folic acid is responsible for the replication or multiplication of cells. Studies have shown that it helps prevent neural tube defects in babies, and in conjunction with B-12, may help reduce your risk of heart disease. Folic acid is found in whole grains, green leafy vegetables, brewers yeast, and liver.

Zinc: Very important nutrient for proper wound healing and for immune function. The best sources of zinc are red meat, and whole grains.

Water: This often times forgotten nutrient is important in the prevention of dehydration. It helps in the transportation of oxygen, and in temperature regulation. The general recommendation is that you consume at least eight 8oz. glasses of water per day.

The best way to ensure adequate nutrient intake is to eat a wide variety of food. Plenty of meats, vegetables, and whole grains are important for good health. A good diet in conjunction with a good multivitamin goes a long way in ensuring that you have good health.