
EAT-RITE NEWS

February 2015

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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Hyaluronic acid may hold the key to reversing arthritis

The loss of HA within joints appears to be a major contributor to osteoarthritis (OA), which is characterized by the degeneration of cartilage. Along with glucosamine sulfate and collagen,

HA is a critical component of healthy cartilage. The drop in the body's HA content around/after age 40 may be the leading cause of cartilage degeneration in many people.

Three double-blind, placebo-controlled studies provide evidence for using HA supplements. In the first study, 20 OA patients were given either an HA supplement (80 mg) or a placebo daily for eight weeks. Pain scores significantly improved in the HA group compared to the placebo group. In the second study, 60 patients with OA were randomized to receive either 200 mg of HA, 100 mg of HA, or a placebo daily for eight weeks. Subjects who had the most severe pain saw significant reductions in their pain and total symptom scores with 200 mg of HA, but not 100 mg of the supplement.

In the latest study, conducted at JR Tokyo General Hospital, OA sufferers between the ages of 40 and 70 who consumed 200 mg per day of **Hyabest** (a highly purified form of hyaluronic acid) showed improvements in symptoms over a 12-month period.

Fighting Back

Research has shown that the body is constantly attempting to repair itself and this repair is entirely possible if the necessary building blocks are available. If you have OA, focus on therapies and supplements that help decrease the rate of damage and enhance cartilage matrix repair and regeneration. In this goal, natural agents such as HA can be extremely valuable.

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.

The Collagen Connection:

The most abundant protein in the human body, collagen is also the main component of connective tissue such as tendons, ligaments, cartilage, bone, and blood vessels.

As we age, the collagen-rich support structure of the skin (known as the dermis) changes. The activity of fibroblasts—cells responsible for making collagen—slows down, which leads to changes that make skin look old.

The collagen production in our joints also slows with age, which may lead to osteoarthritis. And decreased collagen in bone is a key factor in osteoporosis. The amount of collagen determines the number of “bone mineral binding sites.” If the collagen content is low, bone becomes more brittle and fracture risk increases dramatically.

Increasing Collagen

To fight the problem of declining collagen levels, we need to increase the activity of collagen-producing cells. One of the best ways to do this is the use of a special form of silica—choline stabilized orthosilicic acid (ChOSA). In one study, women with signs of aging skin who received 10 mg of ChOSA daily saw a 30 percent improvement in fine lines, 55 percent increased skin elasticity, and a reduction in brittle nails and hair.

ChOSA has also shown benefits in promoting bone health. In a detailed double-blind study of postmenopausal women with low bone density, ChOSA was able to increase the collagen content of the bone by 22 percent and increase bone density by 2 percent. The typical dosage is 6–10 mg per day.