Low Risk

Examples can be really helpful. Let’s follow three adults—Fred, Jane, and Earl—and determine their risk factors.

Fred is 32, single, has a job he loves, has an optimistic attitude about his life, and works out 5 days a week. Most days he eats fish and vegetables, with occasional small pieces of chicken and a cup of brown rice. Fred’s risk factors are his male gender and the occasional high fat content in his diet.

Jane is 55, a lawyer, married, and has a very stressful job. Jane eats lots of salads, fruits, and whole grains. However, she occasionally eats a cheeseburger and fries when she watches the game with her buddies. Jane’s risk factors are her age (greater than 50), negativity from job stress, lack of regular exercise, and a family history of heart disease.

Earl is 65, married, and has just retired from a job he hated. He spends most of his day watching TV and eating potato chips and french fries. Earl’s risk factors are his male gender, high cholesterol and high blood pressure, and a family history of heart disease.

In this Ask the Doctor, we’ll talk about specific nutritional supplements that are heart healthy, whether your goal is to prevent heart disease or reduce the effects of heart disease if you currently have it.

Q. I am trying hard to live a healthier life. But it all seems so overwhelming. How do I start?

A. It may help to know that you’re not alone in feeling overwhelmed. Lots of people feel this way. In 2000, the Whole Heart Nutrition survey asked 1000 Americans how much time they spent eating and drinking. They found that the average American spends 4 hours every day cooking, eating and drinking. A recent survey also showed that 80% of Americans say they experience high levels of stress. But all it seems so overwhelming. How do I start?

Dr. Weiss is a member of both the Enzymatic Therapy and Phytopharma Scientific Advisory Boards and is considered an expert in integrating cardiology with complementary medicine.

References


12. Decker Weiss: NMD, AACVPR(member)


Q. OK, it's pretty easy to see that Fred needs to watch his diet. Jane needs to exercise more, and Earl needs lots of help. But, which supplements should they take?

A. Garlic. Whooo hoo hoo!

Q. What if I have already been diagnosed with Congestive Heart Failure? Will CoQ10 still help me?

A. Yes, you're right on both counts. But, in a dangerous paradox, CoQ10 levels can become dangerously depleted when physicians treat high cholesterol in their patients with certain medications. The so-called “statin” drugs (Mevacor®/lovastatin), prescribed to treat heart disease, can directly lower the body’s CoQ10 levels. In fact, heart attacks often occur when the body’s CoQ10 levels are low.

In a CHF study, patients received 100 mg of CoQ10 every day. Before and after the treatment period, the researchers introduced a catheter into the right ventricle of the patients’ hearts to determine the degree of muscle damage CHF caused. They found that heart muscle function improved, and the pumping ability of the heart improved significantly. The placebo group’s hearts did not show improvement. The researchers recommended that people with CHF add CoQ10 to their treatment regimens to take to stay alive and well.

Q. Are there some types of CoQ10 better than others?

A. Indeed they are. CoQ10 products are not all created equal. The key to this new medicine is the quality of the manufacturing, the clinical trials, and the research conducted by prestigious universities (it will tell you this night on CNN). The Whole Heart Nutrition chart below can help you for your studies. You want the best CoQ10 for yourself and your loved ones.

Q. That leaves CoQ10. Why is it important to take CoQ10?

A. CoQ10 has been proven in study after study to prevent heart disease that occurs in congestive heart failure (CHF), a serious heart disease, and heal the damaged heart muscle. In CHF, the body’s CoQ10 levels are low. In fact, heart attacks often occur when the body’s CoQ10 levels are low.

The Whole Heart Nutrition chart

1. Must be easily absorbed during the digestion process so that it can get into the bloodstream.
2. Must reach the mitochondria in the cell.
3. Must be safe and free of impurities.

Q. It sounds as if CoQ10 is only for people with moderate or high risk factors. Can others benefit from this supplement as well?

A. Many people, including those like Fred, who take CoQ10 with low risk factors or no risk factors at all, may benefit from CoQ10. This natural nutrient is present in every nucleated cell in our body (the only cells that don’t contain CoQ10 are red blood cells). Heart cells, however, are absolutely loaded with CoQ10. We use CoQ10 daily to supply our heart muscles with energy vital to the production of adenosine triphosphate (ATP), the compound we use 95% of its energy needs.

In 1998, 144 patients who had been admitted to all institutions with a heart attack, were assigned to a CoQ10 study. Half of the patients were given CoQ10 a day. The other half were given the usual treatments given to heart attack patients. The other half, the control group, received the usual treatments and a placebo, but no CoQ10.

The results showed that the group taking CoQ10 had less irregular heartbeats, experienced less angina (a type of heart pain), and had much better function in the heart cells. The group taking CoQ10 had less irregular heartbeats, experienced less angina (a type of heart pain), and had much better function in the heart cells. The group taking CoQ10 was not only better able to carry out their daily activities, but their quality of life was also improved. The control group who took the placebo had a much higher incidence of heart failure or little heart muscle damage.

Q. What if I have already been diagnosed with Congestive Heart Failure? Will CoQ10 still help me?

A. CoQ10 is incredibly crucial to the health of our hearts. Especially to hearts that are already struggling with too much work. But...
Q. OK, it’s pretty easy to see that Fred needs to watch his diet. Jane needs to exercise more, and Earl needs lots of help. But, which supplements should they take? A. While there is no one-size-fits-all chart (below) is an easy way to determine the supplements each risk level needs. As you can see, alliin, garlic, and fish oilsupplement dominate.  Alliin is the compound that lowers high blood pressure and Earl’s high cholesterol, naturally and effectively. As alliin is an enzyme, alliin is most likely responsible for garlic’s characteristic odor. Because alliin is very stable when dry, properly prepared and enterically coated, garlic’s allicin-producing action is possible until the garlic mixes with the fluids of the intestinal tract. 

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Garlic supplements have a very long and very successful history of preventing premature death from heart attacks. Latey, however, there have been many news stories about supplemental garlic’s ability to lower cholesterol and high blood pressure readings. Allicin is the main anti-inflammatory compound in garlic and is responsible for garlic’s anti-inflammatory effects. Ingesting garlic’s allicin, any form of garlic, is most likely responsible for garlic’s characteristic odor. Because alliin is very stable when dry, properly prepared and enterically coated, garlic’s allicin-producing action is possible until the garlic mixes with the fluids of the intestinal tract. 

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CoQ10 is incredibly crucial to the health of our hearts. Especially to hearts that are pumping blood with too much cholesterol. Yes, it has! CoQ10 has been extensively studied with low risk factors or no risk of heart disease take CoQ10 every day. CoQ10 supplements may reduce your risk of cancer, prevent gum disease, and help certain nerve cells work more effectively. 

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Whole Heart Nutrition

Supplement

Low Risk

Moderate Risk

High Risk

Heart multivitamin

every day

every day

every day

Garlic supplement

1 tablet each day

1 tablet each day

1 tablet each day

Fish oil supplement with omega-3 fatty acids

400 mg each day

1200 mg each day

1800 mg each day

CoQ10

50 mg

100-200 mg each day

200-400 mg each day

Additional risk factor requires additional supplement; increased dose for protection from heart disease.

Mitochondria are highly specialized structures within each cell and are often referred to as powerhouses. These tiny structures have hundreds of very important functions and require a vast amount of energy. Thus, the heart has a lot of mitochondria or little powerhouses. 

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In fact, heart attacks often occur when the body’s CoQ10 levels are too low. 

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In a CHF study, patients received 100 mg of CoQ10 or a placebo twice daily for 12 weeks. Before and after the treatment period, the researchers introduced a catheter into the right ventricle of the patients’ hearts to determine the degree of muscle damage CHF causes. In this study, heart function improved more in the CoQ10 group who took CHF medication and the pumping ability of the heart improved significantly. The placebo group’s hearts did not improve. Since CHF patients are recommended that people with CHF add CoQ10 to their diets, they need to take to stay alive and well. 

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3. Be safe and free of impurities.

4. It sounds as if CoQ10 is only for people with moderate or high risk factors. Can others benefit from this supplement? A. Many people, including those like Fred with low risk factors or no risk of heart disease take CoQ10 every day. These supplements may reduce your risk of cancer, prevent gum disease, and help certain nerve cells work more effectively.

Conclusion

Understanding your personal risk factors, making better lifestyle choices, taking a multivitamin supplement, and eating enteric-coated fresh garlic supplement, fish oil supplement, and CoQ10—the heart’s super-nutrient —can keep your heart healthy and strong. 

Helen Keller, the famous author and teacher, who was both blind and deaf wrote, “Since my eyes can no longer see, I wish that the world cannot be seen or even touched. They must be felt with the human heart.”

Healthy hearts have the most opportunities to learn, grow, and live beautiful thing our world has to offer.
Dr. Weiss is a member of both the Enzyme Therapy and Phytopharmacology Scientific Advisory Boards and is considered an expert in integrative cardiology. Dr. Weiss performs much of his cardiovascular work in becoming one of the first Nutraceutical physicians to have hospital privileges in a conventional medical facility by being assigned to the Department of Medicine in 1998 as a consulting staff physician at the Arizona Heart Institute. Dr. Weiss continues his work by maintaining his hospital privileges and by seeing patients and training interns and residents at the Southwest College of Naturopathic Medicine. Dr. Weiss is adjunct faculty of the Canadian College of Naturopathic Medicine.

Q. I am trying hard to live a healthier life. But it all seems so overwhelming. How do I start?

A. It may help to know that you’re not alone in feeling overwhelmed. Lots of people feel this way. It’s hard when you’re trying to do everything you can do to prevent or mitigate the effects of heart disease. Fortunately, heart disease is a problem you can do something about. Proven ways to prevent or mitigate the effects of heart disease include taking targeted nutritional supplements, making changes in the foods we eat, exercising more during the week, drinking in moderation, eliminating tobacco use and adopting a positive attitude.

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