

# One Beat at a Time:



Your Guide to Heart Health





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# A Change of Heart Health



The statistics about heart disease are staggering. In the US, heart disease is the number one cause of death for both men and women - claiming more lives than all forms of cancer combined.

And heart disease isn't just hurting our health — it's hitting our wallets. Between 2010 and 2030, the direct health care costs of heart disease are projected to triple, from \$273 billion to \$818 billion!\*\* But it's not all bad news. With some simple lifestyle changes, it's possible to improve your heart health and these statistics!

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Heart attacks happen every 34 seconds, and someone dies every 60 seconds.\*

\*<http://www.theheartfoundation.org/heart-disease-facts/heart-disease-statistics/>

\*\*<http://www.ncbi.nlm.nih.gov/pubmed/21262990>

## Smart Steps for a Heart-Healthy Lifestyle

The lifestyle changes for your heart health don't have to be drastic. Even modest improvements can make a huge impact.

### Stop Smoking

We all know it's bad for you by now. But cigarette smoking puts you at a higher risk for many serious disorders, including cardiovascular disease. Luckily, you don't have to face quitting alone — there are plenty of resources that can help.

### Control Your Cholesterol

Too much cholesterol can lead to clogged arteries, which may trigger a heart attack. Improve your cholesterol numbers by reducing your intake of saturated fat, trans fat and cholesterol, and by getting more exercise.

### Manage Your Blood Pressure

If you've got high blood pressure, it's time to start getting those numbers down. Try eating a balanced diet, cutting out salt, exercising, limiting alcohol — whatever you have to do to manage this major risk factor for heart disease.



### Maintain a Healthy Weight

Being overweight puts you at risk for high cholesterol, high blood pressure and type 2 diabetes. Your body mass index (BMI) along with your physician can help determine if you're at a good weight — and a healthy diet and regular exercise can help get you there if you're not.

## Advanced Cholesterol Testing

Did you know that the common cholesterol test that doctors order is not the best test for truly assessing your risk of heart disease? It's true.

Ask your doctor for an advanced cholesterol test that categorizes the bad and good cholesterol into sub-types. This will provide more information for your doctor to analyze and correctly assess your risk of heart disease.



## Exercise Daily

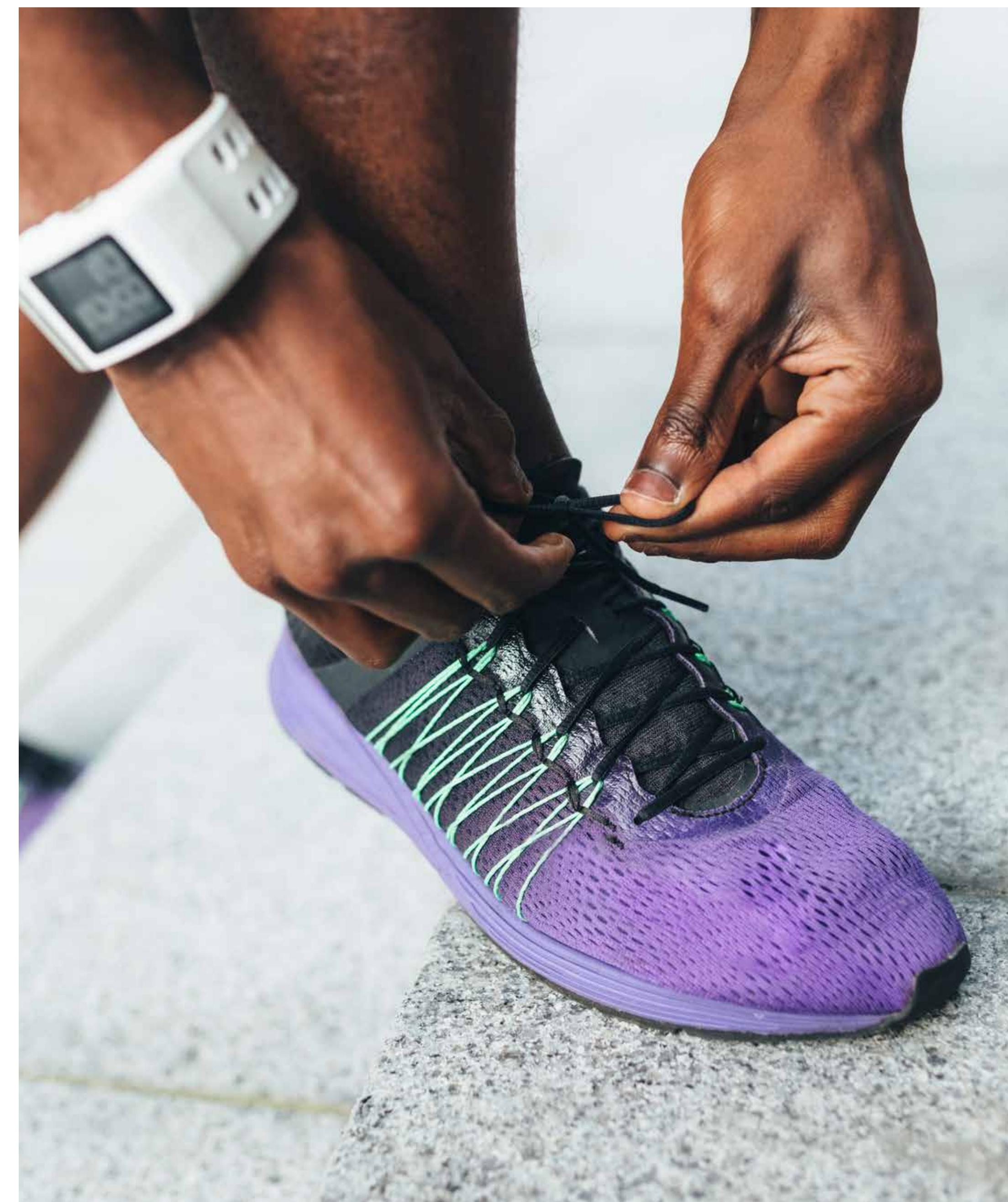
From walking to swimming to dancing, physical activity — even ten minutes at a time — can have a host of heart-healthy benefits, from lowering blood pressure and cholesterol to maintaining a healthy weight. So what are you waiting for? Get moving!

## Manage Your Diabetes

Adults suffering from diabetes have a greater risk of developing cardiovascular disease. That means it's vital to keep your diabetes under control with diet, exercise and medication, if necessary.

## Get a Handle on Stress

Unhealthy responses to stress — like overeating



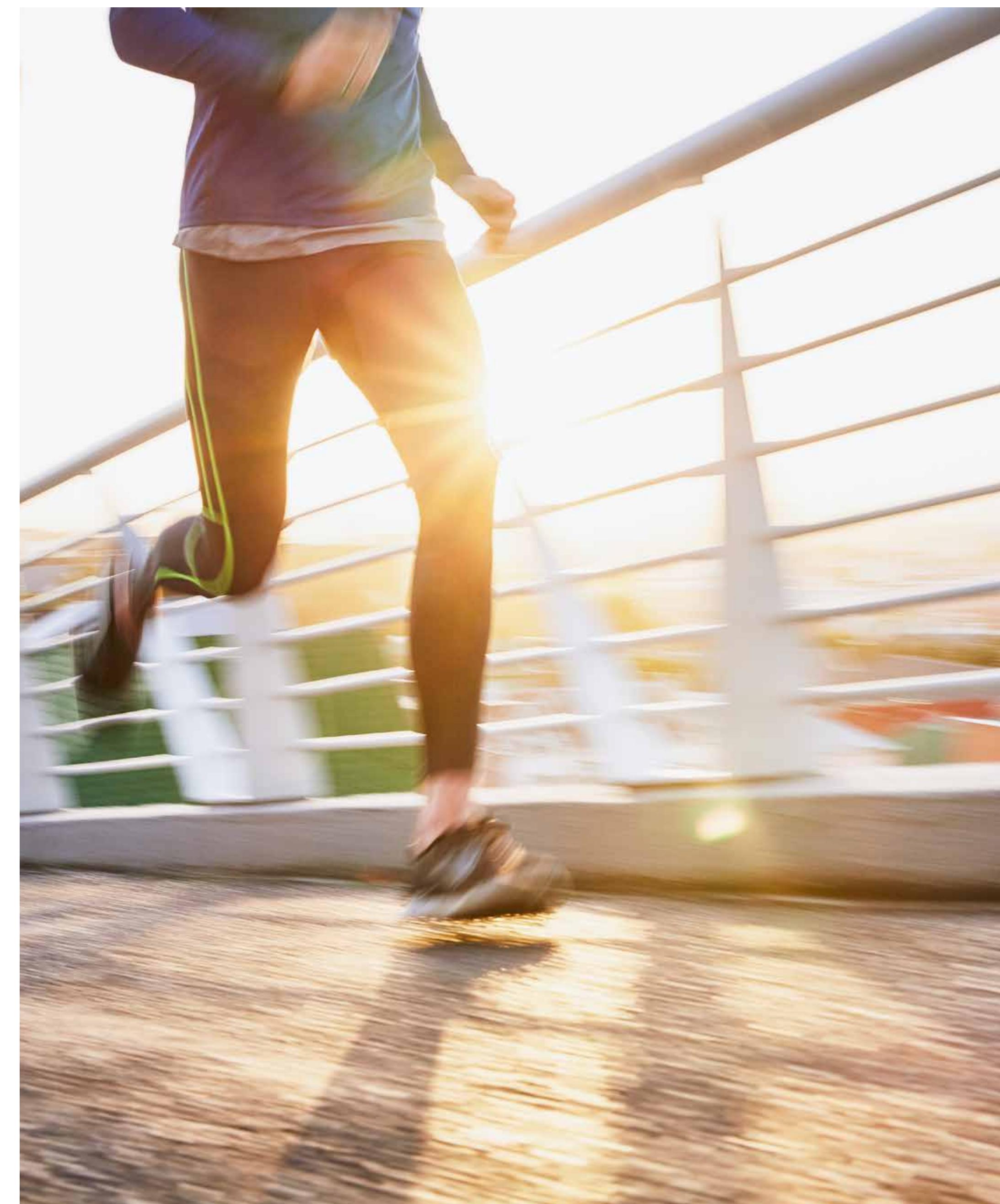
or smoking — can affect your risk for heart disease. We can't always get rid of the stress in our lives, but we can find healthier ways to deal with it, like exercise or meditation.

## Control Your Blood Sugar

Post-meal blood sugar spikes can raise oxidative stress and inflammation — two risk factors of heart disease. Additionally, high blood sugar can directly damage your arteries.

## Eat a Heart-Healthy Diet

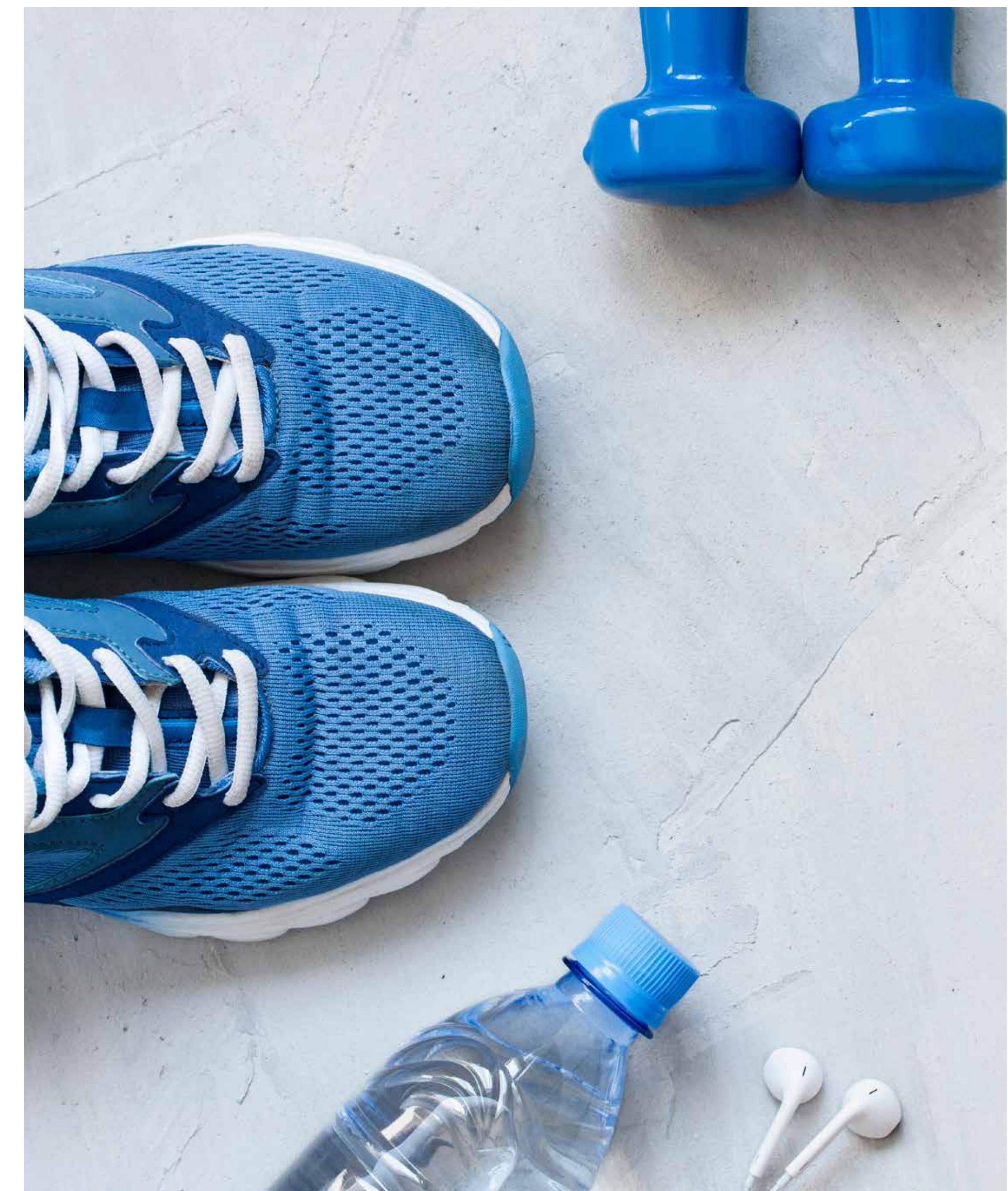
For a healthy heart, fill your plate with nutrient-rich foods packed with vitamins, minerals, fiber and other vital nutrients. Say "yes" to vegetables, fruits, whole grains, lean meat, beans and nuts



— and "no" to sodium-rich and processed foods, sodas, too many sweets and red meat.

Eating a healthy diet and getting the nutrients you need will help you manage an array of heart disease risk factors, including cholesterol, blood sugar, blood pressure, diabetes and weight. In fact, it's one of the best ways to fight heart disease. So, let's focus on your food and supplements — and discover how they can help you in your quest to keep your heart healthy!

Source: American Heart Association [www.heart.org](http://www.heart.org)



What you eat doesn't just affect your waistline — it also impacts your heart. A healthy heart needs a sensible diet: a diet low in unhealthy fats, sugar, cholesterol and sodium.

## Eating for Your Heart

But it's not always easy to make smart decisions about heart-healthy recipes and snacks. To find out how much fat, cholesterol and sodium should be in your diet, check out the next page's chart featuring the American Heart Association's recommendations. For each food type, it tells you the ideal amount of each nutrient to look for on the label:



<b>TYPES OF FOOD</b>	<b>TOTAL FAT</b>	<b>SATURATED FAT</b>	<b>TRANS FAT</b>	<b>CHOLESTEROL</b>	<b>SODIUM</b>
Standard FDA-regulated products, including bakery products, beans and legumes, cereals and other grain products, dairy, fruits, juice, mixed dishes (casseroles), potatoes, soups and vegetables	Less than 6.5 g	1 g or less and 15% or less calories from saturated fat	Less than 0.5 g per label serving	20 mg or less	Between 140 mg and 480 mg, depending on food category
Standard "Extra Lean" products, including canned meat and seafood, deli meats, fresh and frozen meat, and soups with meat or seafood	Less than 5 g per 100 g	Less than 2 g per 100 g	Less than 0.5 g per label serving	Less than 95 mg per 100 g	Between 140 mg and 480 mg, depending on food category
Main dish and meal products, including frozen and packaged meals and entrees (minimum 6 oz)	3 g or less per 100 g of product and 30% or less calories from fat	1 g or less per 100 g of product and less than 10% calories from saturated fat	Less than 0.5 g per label serving	20 mg or less per 100 g of product	600 mg or less per label serving
Whole Grain, with required levels of whole grain and dietary fiber, including bread, cereal, pasta and tortillas	Less than 6.5 g	1 g or less and 15% of less calories from saturated fat	Less than 0.5 g per label serving	20 mg or less	Between 140 mg and 480 mg, depending on food category
Nuts (whole or chopped), including almonds, hazelnuts, peanuts, pecans, pistachios, walnuts and some pine nuts	No limit	4 g or less per 50 g only	Less than 0.5 g per label serving	0 mg per label serving	140 mg or less per label serving
Fish with required level of omega-3 fatty acids	16 g or less	4 g or less	Less than 0.5 g per label serving	Less than 95 mg per 100 g	Between 140 mg and 480 mg, depending on food category
Olive Oil (pure olive oil only)	No limit	4 g or less per label serving	Less than 0.5 g per 50 g	20 mg or less per 50 g	0 mg
Canola Oil (pure canola/rapeseed oil only)	Less than 6.5 g	1 g or less and 15% of less calories from saturated fat	Less than 0.5 g per 50 g	20 mg or less per 50 g	0 mg
Corn Oil (pure corn oil and vegetable oil blends containing at least 4 g corn oil per FDA serving size)	No limit	4 g or less per label serving	Less than 0.5 g per 50 g	20 mg or less per 50 g	0 mg



## Go Mediterranean for Your Heart-Healthy Diet

We're sure you've heard people singing the praises of the Mediterranean diet. And for good reason, it has helped people stay healthy for thousands of years!

And now there's plenty of scientific evidence to back that up. A large study published in the New England Journal of Medicine showed that following a Mediterranean diet helped reduce the combined risk of acute heart attack, stroke or cardiovascular death by 30%.<sup>1</sup>

When it comes to good health, the Mediterranean diet can't be beat. Best of all, it features a wide range of delicious foods.

### Benefits of the Mediterranean Diet

Fruits and vegetables help prevent the damage to

your body's cells that cause heart disease. Rich in fiber, whole-grain foods have shown to help balance cholesterol and decrease inflammation, two factors linked to the development of heart disease.

But it's the power of polyphenols that many experts point to when praising the heart-healthy benefits of the Mediterranean diet. Recent studies have also revealed that the high concentration of polyphenols play a major role in reducing cardiovascular risk factors, including blood pressure and inflammation.<sup>2-4</sup> Hydroxytyrosol is a polyphenol that's found in olive oil, omega-3s from fish, resveratrol from red wine and beta-sitosterol from plant foods.

Combine this diet with other elements of the Mediterranean lifestyle — including adequate exercise and sleep as well as leisurely meals with friends and family — and you'll be on your way to a healthier heart!

# Supplements for a Healthy Heart

Even if you're following the Mediterranean plan, you also may need to enhance your diet with some heart-healthy supplements.

While supplements shouldn't take the place of a balanced diet and active lifestyle, they can provide a little extra help so you're getting the heart-healthy nutrients you need.

We've compiled a list of targeted heart-healthy nutrients that have been scientifically shown to improve certain functions of your cardiovascular system.



General Heart Health		
NUTRIENTS	MECHANISM	DOSE
Ubiquinol CoQ10	Strong antioxidant and improves cellular energy production. <sup>5-11</sup>	100–200 mg/day
Omega-3 Fats	Eases inflammation and maintains healthy triglyceride levels. <sup>12-15</sup>	1000–4000 mg/day
Vitamin D3	Provides protective cardiovascular effects, including improvements in blood pressure, endothelial function, and inflammation. <sup>16-18</sup>	5000–8000 IU/day
Baby Aspirin	Prevents platelets from forming clots and helps blood flow past plaque narrowing an artery. <sup>19, 20</sup>	81 mg/day

Improving Heart Strength		
NUTRIENTS	MECHANISM	DOSE
Arjuna	Enhances heart muscle tone and supports healthy endothelial function. <sup>21,22</sup>	750 mg/day
Hawthorn	Supports heart muscle contractions and protects against oxidative damage. <sup>23-25</sup>	30 mg/day
D-ribose	Maintains healthy energy levels in heart tissue.	5100 mg/day

Optimizing Cholesterol and Lowering the Risk of Atherosclerosis		
NUTRIENTS	MECHANISM	DOSE
Garlic	Reduces cholesterol and triglycerides as well as atherosclerotic plaque buildup. <sup>26-29</sup>	1200 mg/day
Niacin	Optimizes the lipid profile by raising HDL cholesterol and changing distribution of LDL cholesterol. <sup>30-32</sup>	500 mg/day
Red yeast rice	Reduces total cholesterol, LDL, and triglycerides and increases HDL. <sup>33,34</sup>	600 mg/day
Vitamin K	Reduces calcium deposits in the arterial wall. <sup>35,36</sup>	2700 mcg/day
<i>Lactobacillus reuteri</i> 30242	Probiotic that lowers levels of total and LDL cholesterol, as well as markers of inflammation. <sup>37</sup>	2.5 billion CFU/day



Improving Arterial Health		
NUTRIENTS	MECHANISM	DOSE
<b>Pomegranate</b>	Powerful antioxidant and inhibits inflammatory factors to support healthy blood flow. <sup>38,39</sup>	400 mg/day
<b>Superoxide dismutase</b>	Protects against nitric oxide degradation and supports healthy arterial function and structure. <sup>40-42</sup>	500 mg/day
<b>Pine bark extract</b>	Improves endothelial function and arterial blood flow and reduces oxidative stress. <sup>43,44</sup>	100 mg/day
<b>Gotu kola</b>	Enhances stability of arterial plaque. <sup>45,46</sup>	257 mcg/day
<b>Sweet orange peel extract</b>	Activates endothelial nitric oxide production, which supports healthy circulation. <sup>47</sup>	500 mg/day

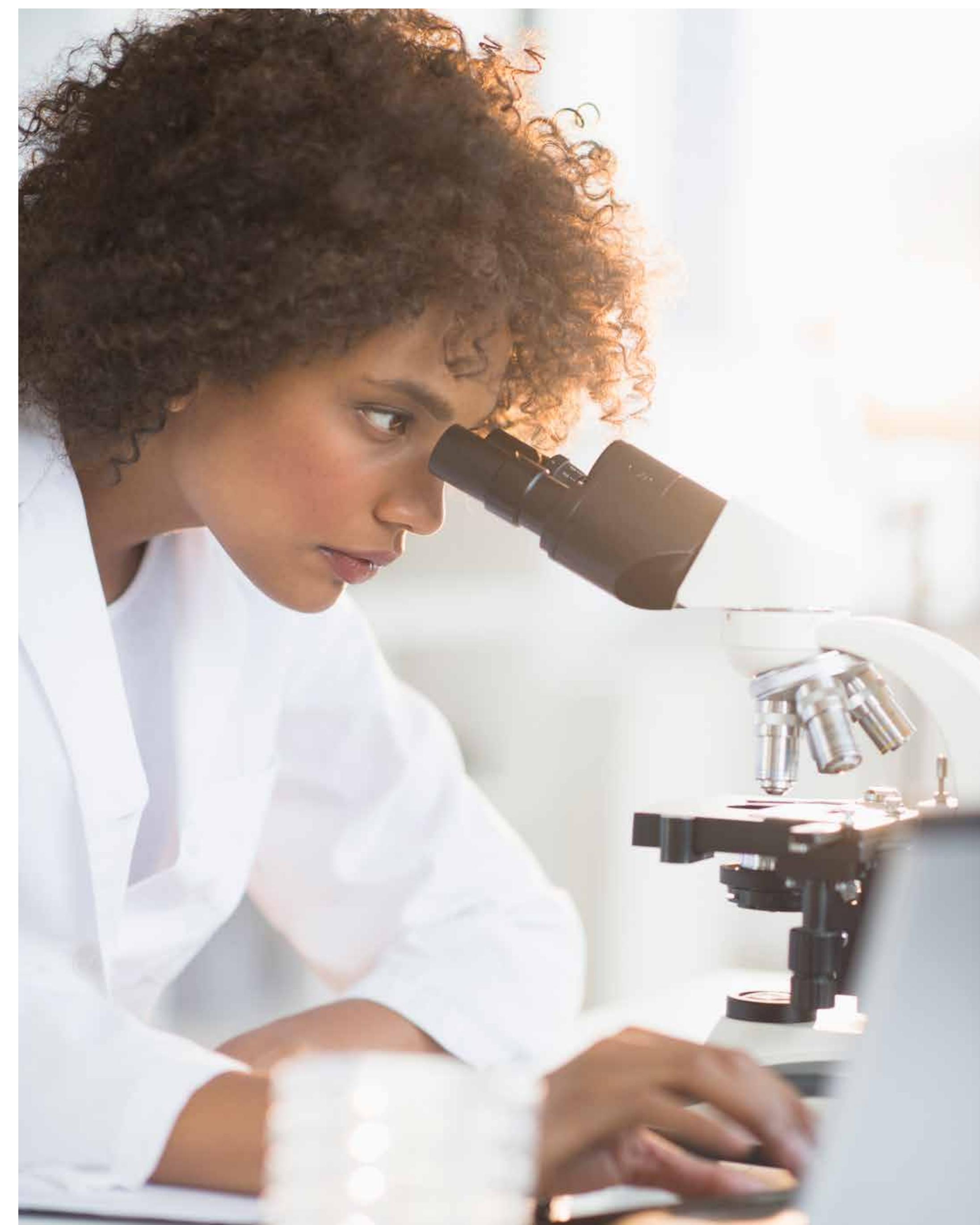
Optimizing Blood Pressure		
NUTRIENTS	MECHANISM	DOSE
<b>Pomegranate</b>	Powerful antioxidant that supports blood vessel dilation by inhibiting angiotensin-converting enzyme. <sup>48,49</sup>	500 mg/day
<b>Grape seed extract</b>	Increases blood vessel dilation, promoting healthy blood flow and blood pressure. <sup>50-52</sup>	150 mg/day
<b>Whey peptides</b>	Inhibits angiotensin-converting enzyme to maintain already normal blood flow and blood pressure. <sup>53</sup>	1700 mg/day
<b>Olive leaf extract</b>	Supports healthy blood pressure already within normal range. <sup>54</sup>	500 mg/day
<b>Celery seed extract</b>	Supports healthy inflammatory response and promotes healthy blood pressure already within normal range. <sup>55-57</sup>	150 mg/day
<b>Blend of Quercetin, Myricetin, Myricitrin</b>	Antioxidants that have been shown to help block the receptor for a hormone that triggers constriction of arteries. <sup>58,59</sup>	Proprietary blend totaling 170 mg/day, usually in divided doses

Managing Arrhythmias		
NUTRIENTS	MECHANISM	DOSE
<b>Magnesium</b>	Helps maintain heart's electrical stability and lowers risk of ventricular arrhythmias. <sup>60</sup>	500 mg/day
<b>N-acetyl-cysteine (NAC)</b>	Reduces oxidative stress and inflammation to prevent development of atrial fibrillation. <sup>61</sup>	1200 mg/day
<b>Vitamin C</b>	Antioxidant properties that protect against atrial fibrillation. <sup>62,63</sup>	1700 mg/day
<b>Natural Vitamin E</b>	Antioxidant properties that reduce incidence of atrial fibrillation. <sup>63</sup>	400 IU/day

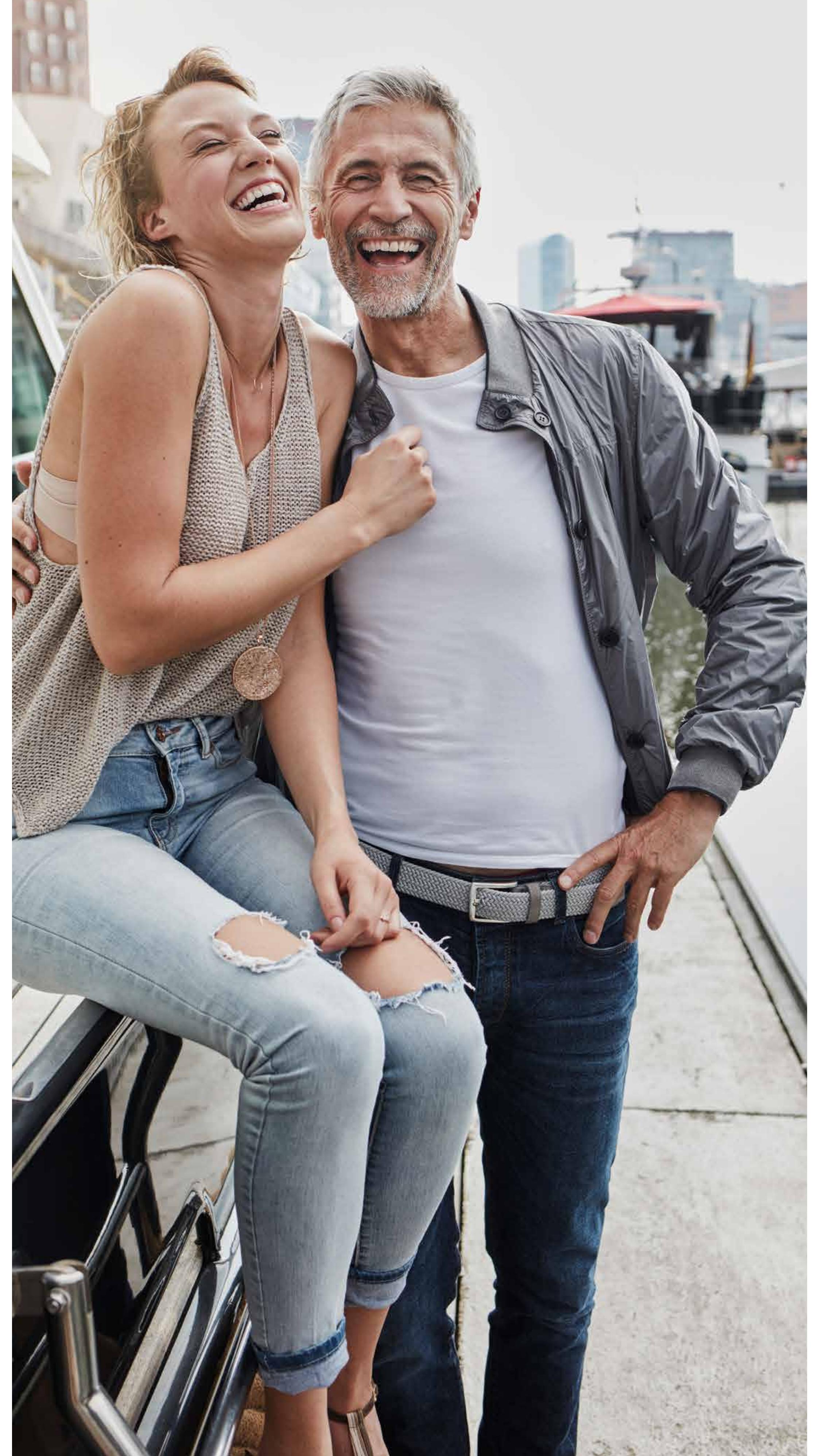
## Blood Tests for Heart Disease

One of the best ways to prevent heart disease is to identify potential problems early — that way, you will have a head start on actions you need to take!

This chart highlights several blood tests that can help paint a clear picture of your heart health... and what your real risks are.



Blood Test	Reason
Cholesterol and Lipid Profiles	Estimates risk of coronary heart disease by measuring levels of total cholesterol, triglycerides, HDL cholesterol and LDL cholesterol.
Apolipoprotein Assessment	Tests the ratio of apolipoproteins A-1 and B to evaluate survival rate or risk factors for individuals with past heart attacks and peripheral vascular diseases.
Oxidized LDL Panel	Measures the dangerous inflammation in the arterial walls, which contributes to both vulnerable plaque formation and rupture, to determine cardiovascular risk.
PLAC® Test	Measures the function in the artery wall of Lp-PLA2—an inflammatory marker critical in the formation of rupture-prone plaque. A novel risk predictor in people with no prior history of cardiovascular events.
NMR LipoProfile®	Advanced test to identify people at risk for lipid-related coronary heart disease. Includes a standard cholesterol test and tests for LDL, small LDL and HDL particle numbers, as well as LDL particle size.
Lipoprotein (a)	Measures the blood level of small dense lipoproteins, which are a direct link to atherosclerosis and a strong indicator for coronary heart disease.
C-reactive Protein	Measures the level of systemic inflammation, which places you at risk for heart disease when uncontrolled.
Fasting Blood Sugar	Checks for high blood glucose levels, which are associated with heart disease.
Vitamin D3	Measures blood level of vitamin D, which is critical for optimal heart health.
Homocysteine	Tests for high blood levels of homocysteine, which can damage the cells that line the arteries and result in vascular inflammation, blood clot formation and arterial plaque rupture.
B-Type Natriuretic Peptide (BNP)	Checks for high blood levels of BNP, which predicts the risk for heart failure, first cardiovascular events and atrial fibrillation, even in people with no clinical evidence of cardiovascular disease.
Galectin 3	Tests for the biomarker of cardiac fibrosis, which helps determine the risk of heart failure.
RBC Magnesium	Measures level of RBC magnesium, which plays many vital roles in preventing heart disease, controlling blood pressure and maintaining healthy cholesterol levels.



## Why Aren't Standard Cholesterol Tests Enough?

Basic cholesterol tests play an important role in determining your risk for cardiovascular disease. But they don't tell the whole story. That's because routine lipid screening doesn't provide information on the dangerous inflammation present in the walls of your arteries — inflammation that is often the primary contributor to your risk for heart disease.

Even if you have normal cholesterol levels, you may still be at risk for a heart attack. Advanced blood tests and detailed analysis are the keys to uncovering your true cardiovascular risk.

Next time, request an advanced cholesterol test. It will provide more information for your doctor to analyze and correctly assess your risk of heart disease.

### Have a health or supplement question?

We have the answers... You can speak with a Life Extension Wellness Specialist toll-free at 1-800-226-2370. This informational service is staffed by doctors, nurses, and other health practitioners and is free.



[LifeExtension.com](http://LifeExtension.com)

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