

HEART DISEASE

The heart has its reasons which reason knows not.

What is heart disease

- Heart and blood vessel disease (also called heart disease) includes range of conditions, many related to atherosclerosis.

Primary contributors

- Two primary contributing mechanisms to heart disease are inflammation and oxidative damage.

Risk factors for HD

- Smoking, including second-hand smoke
- Processed foods, trans fats
- Untreated hypertension (high blood pressure)
- Stress
- Sleep deprivation has the same effect on the immune system as physical stress or illness. Lack of sleep is linked to ↑ risk of atherosclerosis.
- Lack of exercise
- Obesity



Dietary components crucial to heart health

- Sulfur: Role in detoxification and heart health. Found in cruciferous vegetables, meats, eggs, seafood, garlic, onions.
- Vitamin K2 (MK-7): Low levels of vitamin K2 ↑ risk of arterial calcification and heart disease.
- Omega-3 (O3) fats: Found in cold-water fatty fish. They ↓ the risk of a fatal and nonfatal heart attack, stroke, cardiac arrhythmias, and death. O3 fats taken after heart attack improve odds of survival. They also lower triacylglycerides.
- Vitamin C: Neutralizes free radicals that damage the lining of arteries. Low vitamin C causes arteries to become brittle and to rupture. Atherosclerosis disproportionately struck patients with inadequate levels of vitamin C.
- Lysine and proline: Work with vitamin C to produce collagen needed for strong blood vessels.
- Other nutrients for heart health: CoQ10, carnitine, vitamin D, E, B3 (niacin), magnesium.