HEART DISEASE

The heart has its reasons which reason knows not.

What is heart disease

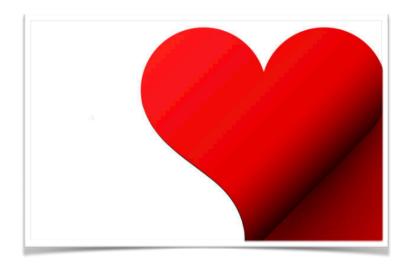
 Heart and blood vessel disease (also called heart disease) includes range of conditions, many related to atherosclerosis.

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 Trisk 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.

