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SPECIAL
POINTS OF
INTEREST:

EXERCISE
FOR YOUR
HEART,
BODY AND
MIND

EXERCISE
WILL HELP

- Reduce blood pressure
- Improve HDL and reduce LDL cholesterol
- Reduce or control your weight
- Reduce stress
- Improve mood & stamina
- Reduce anxiety & depression.

Love for your heart

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Top Five Supplements for a Healthy Heart

Whether you are concerned with preventing heart disease, have a personal history of high cholesterol, high blood pressure, or another risk factor for heart disease you can benefit from these top five cardiac supplements

1) Fish oils (EPA/DHA)

Studies have shown that DHA, along with EPA, may play an important role in cardiovascular health. This is due to the ability of fish oil to reduce inflammation a process intricately involved in the progression of atherosclerosis (otherwise known as hardening of the arteries). Scientists have also suggested that omega-3 Fish oil supplements may lower elevated cholesterol levels.

2) Grape seed extract

Proanthocyanidines found in grapeseed extract and red wine have beneficial effects on the circulatory system and may offer protection against stroke, high cholesterol and heart disease. The effects on the circulatory system also aid eye health, skin and aging.

3) Coenzyme Q10

The heart and liver contain the greatest amount of CoQ-10. CoQ-10 has helped some people with congestive heart failure (CHF). CoQ-10 appears to modulate blood pressure by reducing resistance to blood

flow. Several trials have reported that supplementation with CoQ-10 significantly



Love is the best remedy of all, healing mind, body and the soul.

reduced blood pressure in people with high blood pressure, usually after ten weeks to four or more months of treatment.

4) Mixed vitamin E

Vitamin E with mixed tocopherol is a potent antioxidant that protects cell membranes thereby helping with aging and with heart, brain and skin health. Vitamin E protects LDL cholesterol from oxidation which reduces the risk of heart disease. Vitamin E also prevents blood from clotting. Studies have shown that taking only the d-alpha tocopherol found in most vitamin E supplements may result in a deficiency of the other types of vitamin E in the body.

5) Magnesium

If you have arrhythmias or are concerned with preventing it, magnesium may be your best mineral choice as it regulates the activity of the heart muscle and the nerves which initiate our heartbeat. As a natural muscle relaxant, it also may prevent coronary arteries from spasms (sometimes causing angina), lower blood pressure (as it assists with blood vessel dilation) and can assist with stroke prevention. Complications of congestive heart failure such as high blood pressure and arrhythmias may also be prevented with magnesium.

Celebrate this Valentine's day with some dark chocolate (minimum 70% cocoa). This long loved aphrodisiac has been shown to have beneficial compounds (flavonol) and can reduce blood pressure by improving vascular function.

Tannaz Mokhtari is a Naturopathic Doctor specializing in women's health issues and wellness programs. For more information or to book an appointment please see Dawn or call (905) 731-7443.