Nutrition: Complementary & Alternative Choices
Cardiovascular Health

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Cardiovascular health is dependent upon the circulation of blood to the heart. A healthy heart then delivers blood (and nutrients) to the cells in your body.

Coronary heart disease, the leading cause of heart attacks, is America's No. 1 killer. Women are less likely to be diagnosed, mainly because their symptoms can be different from men's, such as unexplained fatigue, trouble sleeping, and lower chest or abdominal pressure, which can be mistaken for heartburn, chronic fatigue or anxiety.

My 3 step process to prevent and combat CV disease:
1. Exercise: the link between exercise and CV health is not a new revelation
2. Healthy Diet - see Low Carbohydrate nutrition
   • Avoid sugar
   • Evaluate salt intake
3. Supplements
   • All the right ones in the optimal amounts
   • Those that are required for the operation of normal metabolic processes
   • I believe that all of the vitamins and minerals that are required for the operation of normal metabolic processes should be present in amounts necessary to cover biochemical individuality.
   • Nutrients should be bioavailable.
   • My Basic minimum recommendation: Ultra Omega-Linic (essential fatty acids) and Ultra Vites (multi vitamin and mineral formula)

The protocols discussed are:
   • Heart health
   • High blood pressure
   • High cholesterol
   • High homocysteine
   • C-Reactive protein
   • Low carbohydrate nutrition

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