

## Thirteen Ways To Naturally Prevent Heart Disease

1. Learn how to **reduce and manage stress**, and make stress management a regular part of your daily routine.
2. Maintain a **healthy weight** - neither too heavy nor too thin.
3. Engage in at least **30 minutes of moderate exercise** several days a week, or every day if possible. Get plenty of exposure to the outdoors and the sun.
4. **Don't smoke**, and reduce exposure to environmental toxins.
5. **Restrict** intake of **high-glycemic** index foods (white flour, white rice, sugar, cold cereals, processed foods), as they have been shown to increase the risk of heart attacks.
6. **Avoid processed food**, especially foods containing polyunsaturated vegetable oils and *trans* fats. Read labels - most packaged food contains these ingredients.
7. Eat the **meat, fat and organ meats** of **grass-fed, organically** raised animals.
8. Eat and cook with **butter, coconut oil, palm oil or animal fats (tallow, lard, goose fat)**. **Avoid and never cook with vegetable oils** such as sunflower, safflower, corn and soy as they become easily oxidized and rancid when subjected to heat.
9. Consume **fresh fruits and vegetables** daily, and make sure to eat them with healthy, traditional fats to promote nutrient absorption.
10. Enjoy **eggs from free-range chickens** regularly. Egg yolks are particularly beneficial.
11. Consume **raw dairy products**, which are rich in beneficial probiotics, enzymes, vitamins and healthy fats. Many people who can't tolerate pasteurized dairy products have no problem with raw dairy.
12. Eat **cultured foods** (i.e. sauerkraut, yogurt, kefir) and consume fermented beverages (kombucha, kvass, etc.) regularly
13. Take **high-vitamin cod liver oil** and consume plenty of butter from grass-fed cows to ensure adequate levels of vitamins A, D and K.

## Recommended supplements for a healthy heart

\* Note: if you follow the dietary principles outlined on the previous page, most if not all of these supplements are unnecessary. However, if your intake of fresh fruits, veggies, meats, organ meats, eggs, fish, nuts & whole grains is not ideal, or if you are still consuming processed and packaged foods regularly, I suggest taking a multivitamin and cod liver oil. If you are at risk for heart disease, I recommend all of the supplements on this list - but especially CoQ10 and cod liver oil. They are cheaper than statin drugs with none of the side effects, risks & complications. I strongly suggest choosing supplements without lubricants, binders, fillers, coatings or other added ingredients (i.e. stearic acid, magnesium stearate, etc.).

### 1. CoQ10

- ▶ Recommended if your multivitamin does not contain CoQ10 (at least 100mg/day); CoQ10 deficiency is linked to heart disease.
- ▶ Suggested product: Pure Q10™: Advanced CoQ10 Formula ([www.pureprescriptions.com](http://www.pureprescriptions.com)) This CoQ10 product is more absorbable than many others on the market; it is free of binders and fillers and is blended with a potent mix of antioxidants (mixed tocopherols & vitamin E). Order online, or through Elephant Pharmacy or Pharmaca if you live in the Bay Area; 100mg/day

### 2. Cod liver oil

- ▶ Cod liver oil is one of the highest sources of natural vitamin A & D, and also rich in omega-3s
- ▶ Most commercially available cod liver oils are stripped of their natural vitamins during processing and have synthetic vitamins added back in. These synthetic vitamins may actually be harmful. The best products are called “high-vitamin cod liver oil”; they retain the naturally occurring forms of vitamins A & D (at 5,750 IU of A and 575 IU of D)
- ▶ Suggested products: Quantum Labs Premier Cod Liver Oil ([www.radiantlifecatalog.com](http://www.radiantlifecatalog.com)); Blue Ice High Vitamin Cod Liver Oil, & Blue Ice Fermented High Vitamin Cod Liver Oil [highly recommended.] ([www.drrons.com](http://www.drrons.com)); 1/2 tsp/day; Online order only.

### 3. Multivitamin/mineral/antioxidant formula without iron

- ▶ Ideal product will have essential heart-healthy nutrients: CoQ10 (100mg), selenium (100mcg), vitamin K2 (MK-4), mixed tocopherols, grape seed extract and other antioxidants
- ▶ Suggested product: Dr. Ron's Ultra-Pure “Doc's Best” ([www.drrons.com](http://www.drrons.com)); excellent multi with full range of vitamins, minerals, heart-healthy micronutrients and antioxidants with no binders or fillers of any kind. 1-6 capsules/day; Online order only.

### 4. L-carnitine

- ▶ Studies show that L-carnitine has clinical benefits for heart failure, impotence, chronic fatigue, male infertility and pregnancy outcomes. L-carnitine also enhances exercise tolerance in patients with angina and respiratory disorders.
- ▶ Suggested product: L-carnitine by Pure Encapsulations ([www.pureprescriptions.com](http://www.pureprescriptions.com)); 4g/day

### 5. Magnesium

- ▶ Magnesium deficiency has been implicated in diabetes, atherosclerosis, cardiac arrhythmia and heart attacks
- ▶ Suggested product: Magnesium glycinate [much more absorbable than citrate or oxide, and won't cause diarrhea] ([www.pureprescriptions.com](http://www.pureprescriptions.com)) or order from Elephant Pharmacy or Pharmaca; 480mg/day

### 6. What about Vitamin E?

- ▶ One form of vitamin E, alpha-tocopherol, slows atherosclerosis in most animal models but has shown equivocal results in human trials.
- ▶ Some trials suggest that it may increase LDL oxidation under some circumstances. I don't recommend supplementing with vitamin E at this time.