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Nutrition, Health & Heart Disease

Tips On How To Have A Healthy Heart

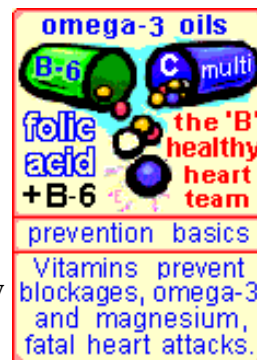
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If an apple a day keeps the doctor away, what would it take to avoid a heart surgeon? How about a good **vitamin + mineral supplement** and **some omega-3 oil (canola-rapeseed, flax, fish)**? Add a diet low in processed food and maintain a good lifestyle (*in this order* : 1. don't smoke, 2. control waist size, 3. manage stress well, 4. some exercise) and you will improve your general health, and prevent

or help heart disease.

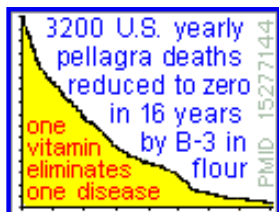
This website looks at the **food, supplement** and **prevention** side of the picture. Nutrition in medicine is **my** long-term interest, not my job, so **this site doesn't generate money or sell anything**. Paint prevents rust on a car but does not cure it. This site is about the heart healthy nutrients preventing corrosion of your body proteins (and slowly even **ure** it) and about nutrients that can help you survive existing artery wall damage.



Science shows that a heart healthy diet is one with relatively unprocessed foods, with veggies, whole fruits and with rice or grains that retain most of their original kernel-*structure*.

Those are the 'whole' foods that became scarce in Western diets. If you can't recognize part of the original food, the item is processed or refined. *Some* fresh eggs, liver or fish are probably also vital for most of us.

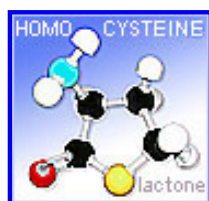
In food processing, as when making noodles or flour, we lose 60 to 95% of most of the heart healthy nutrients. Also lost is plant-*structure* 'whole-ness' that slows digestion, while factory hydrogenation preferentially zaps omega-3 oil, think of it as vitamin F-3, turning it into toxic *trans* fat.



Why a add multi-vitamin pill to your diet? Well, most fast single nutrient diseases like scurvy, beriberi and goiter were wiped out by food fortification, our 'weapon of mass nutrition'. However, processed foods low in *many* nutrients, such as vitamins B6, B12, folic acid and others, cause '**Long-Latency Deficiency**

Diseases', such as **heart disease**, **cancer**, **bone loss** and **Alzheimer's**. Think of these as nutrient deficiency diseases with long incubation periods and the science makes sense! Start with *cholesterol* and the science will *never* make sense (can your doctor explain the 4th figure from the bottom?).

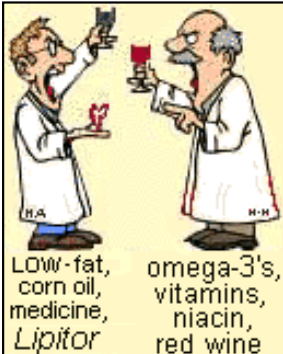
While research is ongoing and not every nutrient is good for everyone, **this site is one evaluation of the prevention evidence to date -but with a nutritional bias**. The idea is HITMINS, "**Health: It's The Micro-Nutrients, Stupid!**" [and only then, the economy.]



Most scientists agree that almost no one has *optimum* levels of many key nutrients and that a *multivitamin* + mineral supplement fills many such gaps. Bonus: a **high dose multi** is the **only therapy to lower homo-cysteine**, a slow poison simply corroding our life-long structural proteins, linked to over 100 diseases. A bottle with 6 month no-iron *multis* has no child-proof cap, it's *that* safe! The evidence for benefit is massive and **pennies per day**.

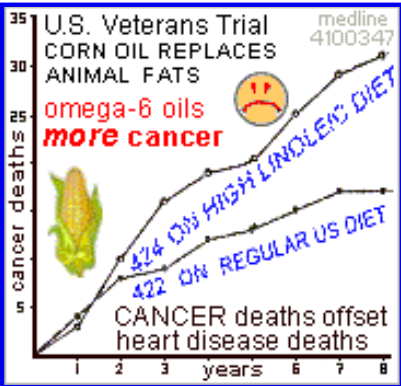


Even in health, there's excellent science for taking such (normally, no-iron) *multi* plus foods and supplements for a *total* daily intake of at least 1 gram **vitamin C**, 1.2 g **calcium**, 600 mg **magnesium**, 1200 IU (30 mcg) **D** (when not getting regular summer sunshine), about 200 IU '*mixed*' **E** in a meal with **fat** and 200 mcg **selenium** [bench-mark of a great *multi*].

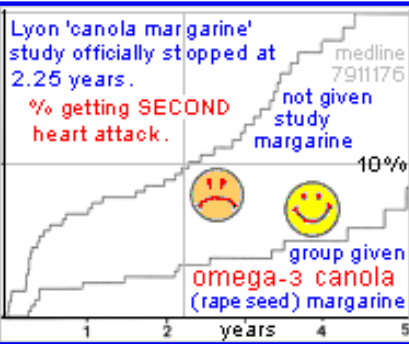


The good news: there are major health benefits from omega-3 rich oils, like about 1 *teaspoon* flax (lin) or fish oil or 2 *tablespoons* **canola (rapeseed)**. Lesser sources are *unhydrogenated* soy**, mustard oil, wheatgerm, flaxseed, walnut, green leaf veggies (surprise), and of course fatty fish -and really not much else.

Cardiologist de Lorgeril: '.. in most cases, the prescription of capsules containing oils enriched in [plant and fish] omega-3's ... will be, ethically and scientifically, an obligation.'



The bad news: common oils with over 50% of the omega-6 poly-unsaturate linoleic may be harmful (soy, corn, sunflower, safflower, grape and cottonseed) as is *all* hydrogenated [*trans*] oil ('vegetable' shortening, deep fry oils or ghee, donuts and 90% of margarines). ****Soy oil is a double edged sword** as per person use in the U.S. went from zero 65 years ago to 31g/day, 10% of average daily calories. Soy is *the* main source of excessive *trans* and omega-6 fats in many countries: it's hidden and it's everywhere (scientific poster: [HTML](#) or [PDF](#))



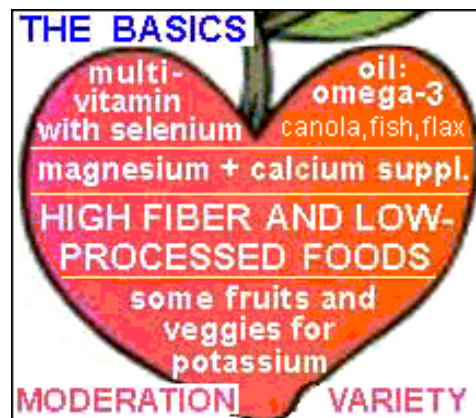
50% fewer sudden deaths in heart patients on 2 to 3 grams fish oil/day GISSI study

These simple basics may well prevent or postpone nearly 80% of heart and other serious diseases! And what could be easier than an oil change to canola and some flax (linseed), and a few supplements at the end of your largest meal. Reducing the highly refined carbs, a next step, is not that easy as average American yearly eat his weight in added sugars.

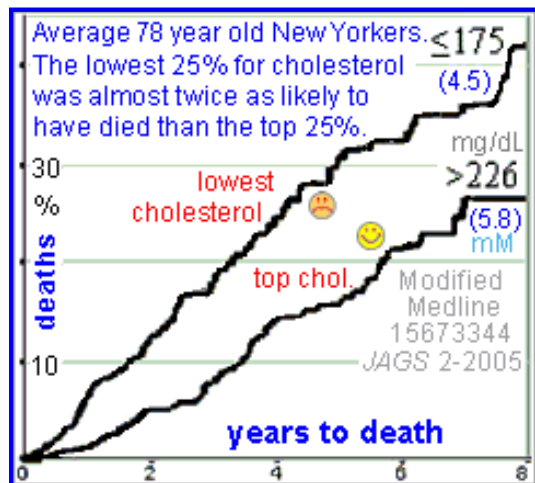
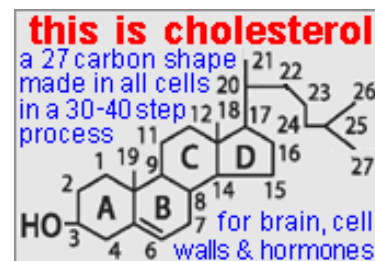
<p><i>Apart from</i> lowered nutrients, grains ground into a dust (flour and <i>most</i> breakfast cereals) or starchy potatoes (low-fiber, rapidly absorbed carbs) keep you hungry and stress your insulin system, promoting overweight & adult diabetes. Here, high insulin <i>plus</i> high blood sugar team up to reduce blood circulation and promote heart disease.</p>	<p>All illness has nutritional links. There's no doubt that <i>all</i> omega-3 oils (nature's COX inhibitors) lower heart attacks and double your survival chances while Vioxx and Bextra raise risk as may Aleve/naproxen & Celebrex. Fish omega-3's have anti-inflammation effects and help arthritis and bowel disease. Why not consider if such condition can be linked to a low intakes of such oils. This site will help you think along those lines.</p>
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A good multi is a zero-calorie Essential Food Group, an Ounce Of Prevention and Nutritional Seat-Belt. There is no research showing that avoiding multivitamins makes you healthier and it's the *only* easy life-style change you can make. This website may not make you smoke less, walk more or revolutionize your diet but these ideas are simple and benefits major. [This website](#) will take you from the-not-so-bad cholesterol via fats and vitamins to the tastier foods.



C27-H45-OH HIGH CHOLESTEROL, a survival benefit prior to refined foods and you'd have to eat 20 eggs to absorb what you make each day. The famed Framingham study found clear thinking at high cholesterol while decreasing levels after age 50 predict more heart disease deaths!



Cholesterol Pills, statins like Lipitor, Zocor, Pravachol, Lescol, Mevacor or Crestor, (killer) fibrates and niacin (mega vitamin B3) have side effects, good, bad and unknown. Studies show that lowering cholesterol with statins, fibrates or omega-6 oils (but not niacin or fiber) promotes cancer [general effects and seniors].

Drug and food interests create cholesterol fear but statins don't work by lowering it and **don't save women**: BMJ Feb., JAMA May, JACC Sept. 2004, CMAJ Nov. 2005.

More cancer and no survival benefit ($\pm 0.1\%$) in high risk older Europeans: Lancet 2002 (3 million \$3 pills taken).

Next, in 6 years, nobody saved ($\pm 0.07\%$) in this younger group of 5170 Americans.

The more statins cut cholesterol, the more they cut energy to nerves, muscle and heart by lowering CoQ10, 'battery acid' and anti-oxidant ('catalytic converter') of every cell. [Here's](#) a study with *best* cholesterol at the happy old "normal" range of 180-240 (4.6-6.0) (also: 1 & 2).


Great sites: thincs.org and [Myths](#).

PS-1 In heart failure, in the 20% with the *lowest* cholesterol: double the death rate!

PS-2 TNT trial implodes: 5000 heart patients for 5 years on 80 mg top-dose suffer 2 more deaths than patients on only 10 mg. On either dose, the same 26 \pm 1% progression in artery calcium in 12 months anyhow! **Lipitor does NOT save lives in studies.**

♀ PS-3 The American College of Cardiology in 2004: "... there is no evidence for a total mortality benefit in women from dyslipidemia [statin] treatment." Women: 3 more deaths on Zocor and 2 more heart 'events' on Lipitor in large studies (4S, ASCOT). In 24,000 women over age 50, those in the lowest 25% for cholesterol had the same risk for death (+60%) as those smoking!

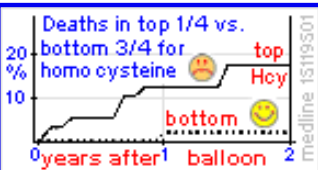
♂ PS-4 Out of 1/2 million U.S. men at 'prime heart attack age', the top 0.8% for cholesterol [~292 (7.5)] on anti-cholesterol absorbing drug for 7.4 years (and 1/8th less "bad LDL" compared with dummy drug) but no difference in survivors; count them: 3. And, oeps: in 65,000 men with 2700 deaths, those with least cholesterol [below 187 (4.8)] had most deaths!



Fever indicates infection but sitting in ice water won't kill the microbe. 'Cholesterol', insulin, sugar and blood pressure are also indicators, think: excess junk carbs, lack of micro-nutrients and artery decline in progress.

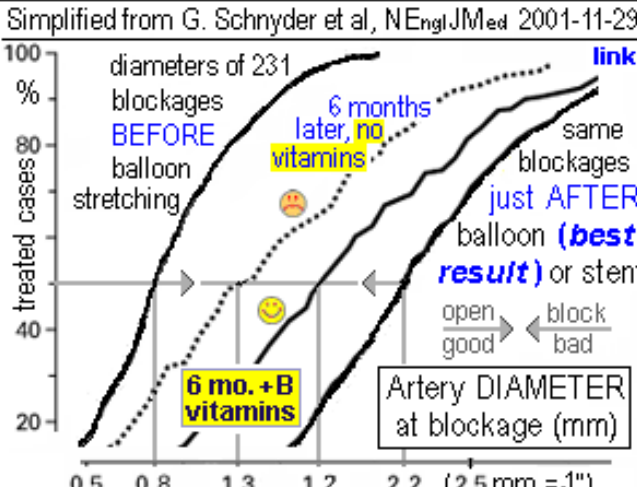
Above minimal '6' homo-cysteine is the indicator for your personal lack of most B vitamins. But unlike cholesterol, homo-cysteine corrodes (permanently damages) all proteins. It is also a poison pill in cholesterol transporters (LDL droplets), making 'cholesterol' actually become 'bad' -as do trans fat and oxidized cholesterol from foods with egg or milk powder.

Deaths in top 1/4 vs. bottom 3/4 for homo cysteine



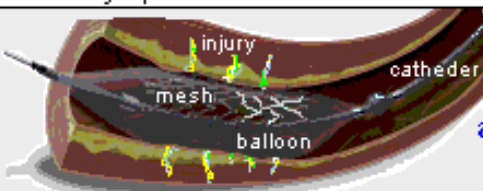
Homo-cysteine above 6 µmol/L [a 'modern' diet and not taking a multi] is the main reason for heart disease and also for it running in families. Multi-vitamins slash homo-cysteine, keep arteries open and thin and flexible and help avoid heart surgeons.

Simplified from G. Schnyder et al, NEnglJMed 2001-11-29



B-vitamins keep arteries open after operations -and before: the benefits of low homocysteine.

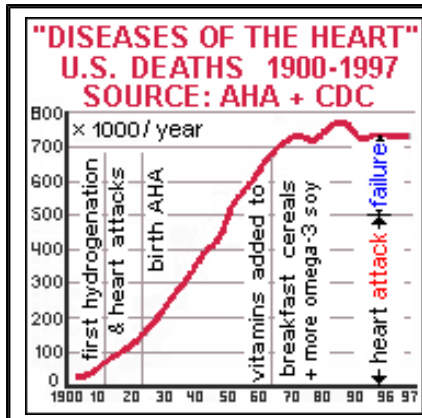
AMAZING vitamin benefit in medium and small arteries. Study questions wisdom of "stenting first".



Failed prevention: forcing open a blocked artery - helps angina, not survival.

Angioplasty with or without mesh "stent"

The 100b\$/year bypass & angioplasty industry is basically road patch or detour work: symptom relief, not dealing with the basic problems & 14% more deaths -in MEDLINE 15663006

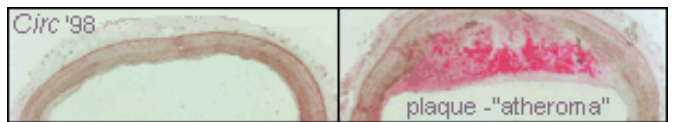


A BMJ study: '..there is still only .. inconclusive [sic] evidence of the effects of modification of total, saturated, mono-unsaturated, or poly-unsaturated fats on cardiovascular [disease and] mortality.' Here's a [2006 JAMA disease summary](#): the futility of eating 'less fat'. Incidentally, hydrogenation of oils, most industrially refined foods and heart attacks are something of the last 95 years [text for graph].

We explore heart disease as a recent multi nutrient deficiency problem, starting with omega-3 oils, magnesium, folic acid and vitamins B6 and B12.



There are no drug deficiency diseases, or 'essential diets', only essential nutrients, yet, per capita, Americans use \$70 prescription drugs per month. Most drugs manage lab-numbers or symptoms



Perfection and disaster in halves of the SAME artery that carried the same blood. Right: a repair gone bad.

like pain, not root causes; they don't 'cure'. This is why cholesterol, sugar and blood pressure drugs have such a hard time proving they actually save lives. Fat plus cholesterol, *atheroma*, in arteries is not seen in *wild* animals and is unique to humans, a rare species not making its vitamin C and the only one using cooking, refining and food processing, slashing the nutrients that tame toxic *homo-cysteine*. *Atheroma* is largely a structural repair gone bad. This site suggests to prevent the structural decline and control the repair with the "homo-cysteine vitamins", omega-3 oils and some other nutrients. Many arteries blocked like Bill Clinton: 1 year deaths on drugs 1.5%; slightly less drugs + bypass or angioplasty: 4.2%! Medically-caused deaths may be the 3rd cause of U.S. deaths so nutrition could be your best medicine. This age old concept is called *nutritional, naturopathic or orthomolecular medicine* -doctors who know the potential of nutrition.



Free non-profit use. Site started in 1998 by Eddie Vos, M. Eng., Glen Sutton, Québec, Canada. 🇨🇦 While based on current science, this site has no final answers and is meant to help you think more clearly about nutrition and your health. Update May 29th, 2007. Index. Cholesterol drugs summary page.

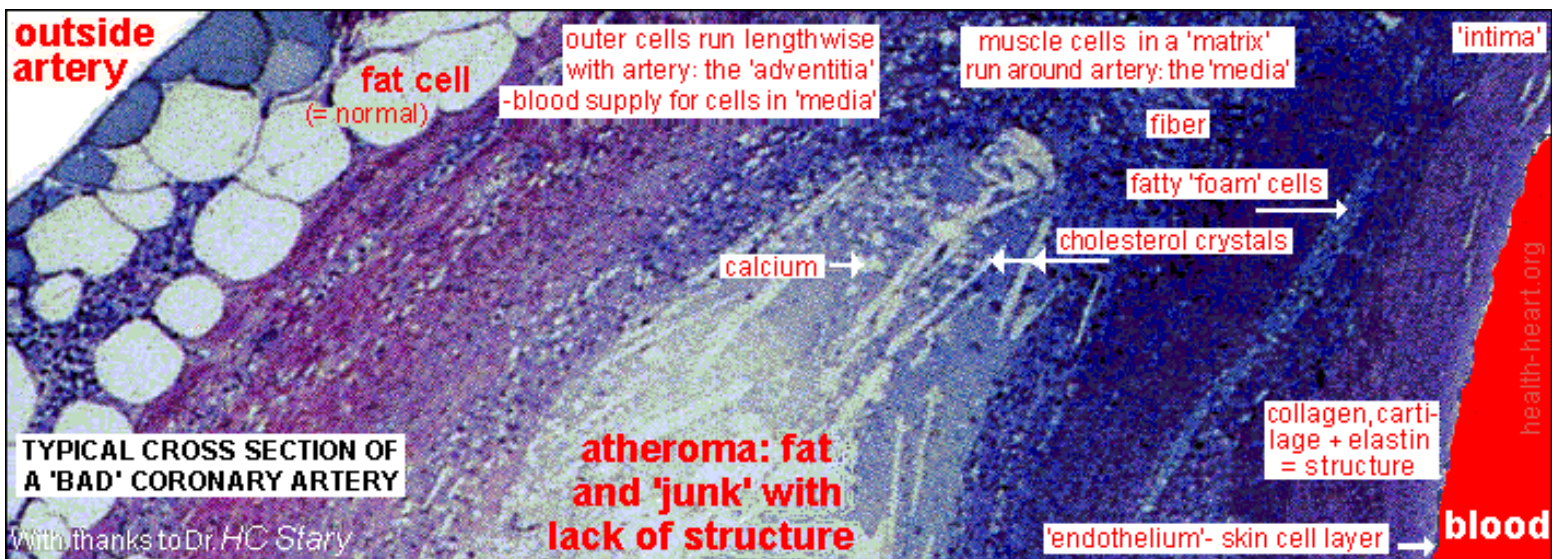
Happy and healthy 2007
Likely the world's best multi - or Carlson Labs Super 2 Daily.
🇨🇦: Nu-Life'ult!
This looks like an ad-but we don't sell the stuff

- ARTERY DECLINE ... NOT LIKE THE CLOGGING OF A DRAIN PIPE -

Over simplified best theory. Arteries are a muscle layer sandwiched between 2 structural layers. Lack of B-vitamins causes excess *homo-cysteine* that dumps its sulfur onto the 'cartilage' of the inside layer (the *proteo-glycans* of the *intima*), 'un-ties' collagen 'cables' and 'crumbles' rubbery *elastin*. This 'excess sulfation' helps trap LDL's cholesterol, and then calcium, as in *stage 4* lesions shown below and where finally the muscle layer, the *media*, is infiltrated.

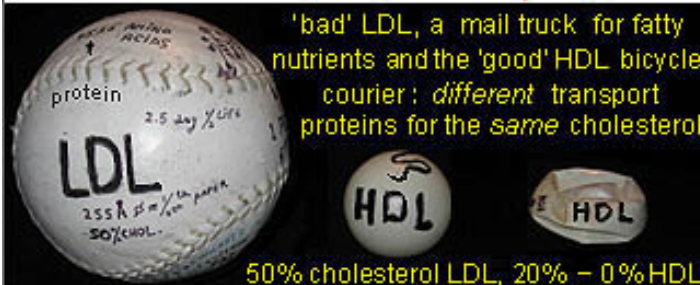
Elastin-network 'crumbling' in the *media* frees muscle cells that move and 'dys'organize artery architecture. Crumbled elastin 'loves to' accumulate cholesterol and calcium. Homo-cysteine degrades the shape and thus function giving cysteine sulfur bonds in your life-long proteins*. It also promotes clotting and inflammation (II-8). B-vitamins with vitamin C, copper and zinc *prevent* such damage and repair some of it. Incidentally, excess sugar (*glyoxal*) in diabetes damages elastin and collagen in a *very similar manner*. [homo-cysteine + response-to-LDL-retention theories: CVD as a 'sulfur disease'.

*) Analogy: liquid latex is vulcanized into the shape of a tire by sulfur bonds; homo-cysteine degrades such sulfur bonds in your permanent structural proteins.]



-- CHOLESTEROL BONUS for DOCTORS and SCIENTISTS: --

LIPO-PROTEINS: nutrient transport emulsion
Good or bad cholesterol: only the PROTEINS change, NOT the cholesterol transported.
YOU control the type of nutrients or toxins these proteins transport.



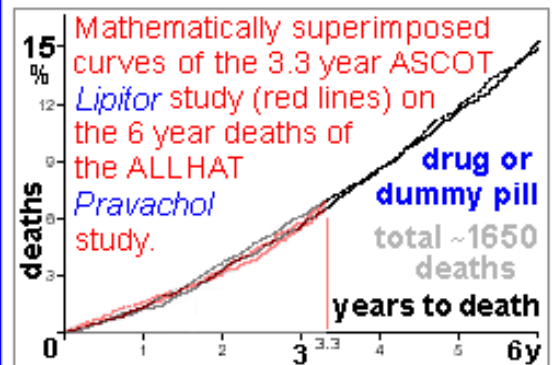
'bad' LDL, a mail truck for fatty nutrients and the 'good' HDL bicycle courier: different transport proteins for the same cholesterol

1 billion such emulsion particles per drop of blood, dozens different proteins, and a nutrient composition YOU determine by your diet. The ONLY bad cholesterol may be that found pre-oxidized in egg and milk powder products, or in dry or excessively fried meats. Trans-fats, insufficient omega-3 oils and excess homo-cysteine (from lack of B-vitamins) also degrade LDL quality.

Some ways to make this vital LDL droplet a Trojan horse yourself is by loading it with oxidized cholesterol, trans fats, or homocysteine.

SUMMARY: LIPO-PROTEINS CAN BE VITAL NUTRIENT DELIVERY OR GARBAGE TRUCKS [LDL] BUT HDL IS ALWAYS A MULTI-TASK CLEAN-UP AND DELIVERY SERVICE

Now we know, statins like **LIPITOR** don't save lives, at great cost and side effects. **17 to 53% less 'bad' LDL cholesterol..**



Over 10,000 high-risk people for years on two typical statins, no one saved.

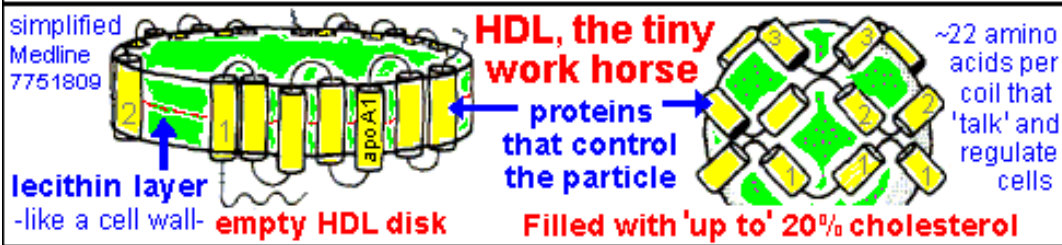
5000 more heart patients on top-dose Lipitor for 5 years suffer 2 more deaths than another 5000 on low dose in the TNT trial. And, on either dose, artery calcium increased 26±1% in 1 year anyhow! Medline 16415377

Top dose or no Lipitor: 53% less cholesterol, the same 22% increase in calcium in the valve of the aorta per year. Medline 15944423

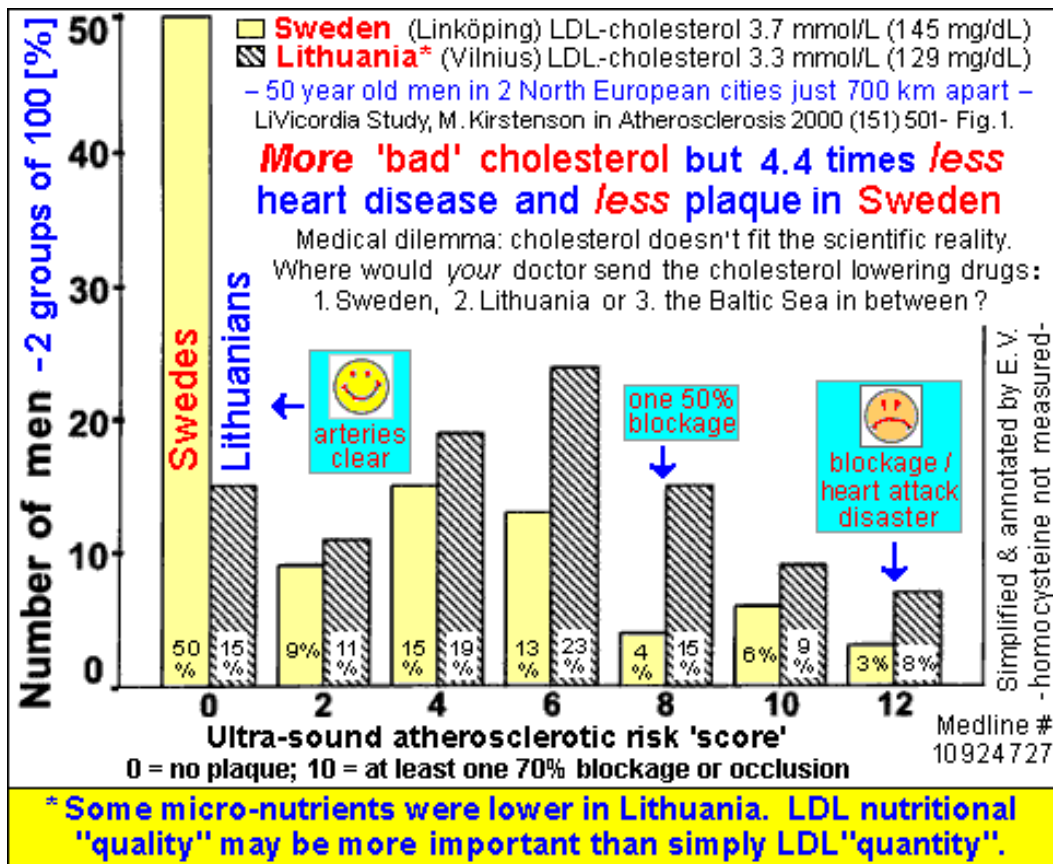
Could it be quality not amount of LDL determining artery friend or foe? -drugs change quantity, nutrients quality-

Good HDL-cholesterol explained

This most microscopic of blood particles is really a package of over **50% protein**, about **30% lecithin [emulsifier]** and **0 - 20% cholesterol**. **Calling it 'cholesterol' is thus a Medical Misunderstanding.** It is a 'space ship' of over 40 proteins in the blood, a messenger and courier controlling artery and cell health. **Good it always is!** **It interacts with other fatty blood droplets [LDL] and cell walls alike.** HDL raises with anything that promotes circulation: exercise, moderate alcohol, or as drug: mega-niacin. Also, foods with fats. **The "good" lowers with waist-obesity, trans fats, high refined-starch, low-fiber, or low-fat foods. Factory refined flour products don't help.**



-- NEXT: -- **THE NAIL IN THE CHOLESTEROL THEORY:**
 -- WHERE WOULD YOUR DOCTOR SEND THE CHOLESTEROL DRUG ? --

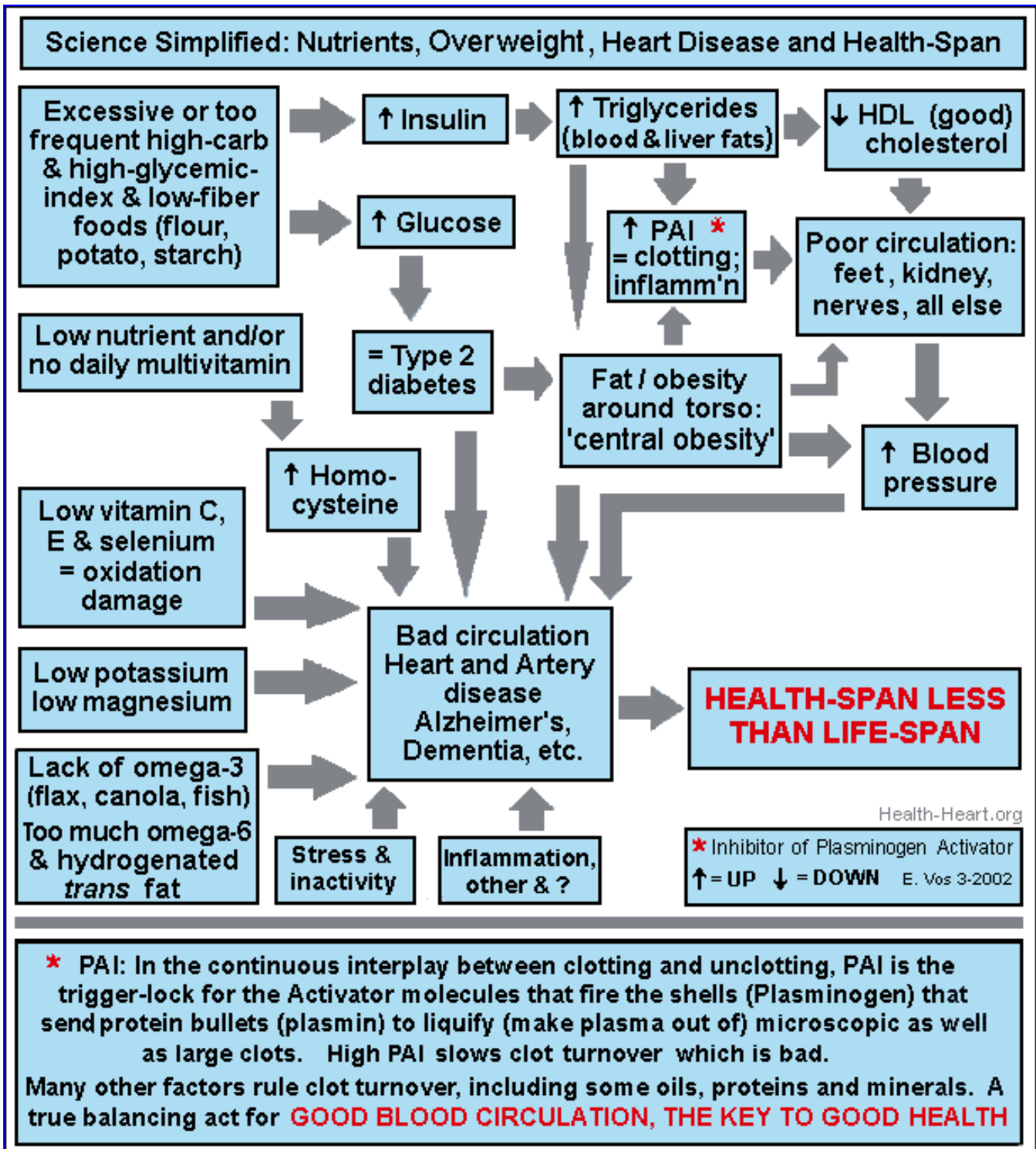


- WHAT HDL REALLY DOES -&- CHOLESTEROL LOWERING IN THE HEALTHY -

<ul style="list-style-type: none"> ↑ nitric oxide ↑ prostacyclin ↓ endothelin-1 ↑ surface heparans ↑ cholesterol efflux ↑ proliferation ↑ migration ↑ tissue plasminogen activator 	<p>function, fluidity, motion up</p> <p><i>new</i>: with PON-1 HDL detoxifies homo cysteine thio-lactone, 'cleans' LDL, cell & membrane walls</p>	<ul style="list-style-type: none"> ↓ PAI ↓ E-selectin ↓ V/ICAM-1 ↓ thromboxane A₂ ↓ platelet activating factor ↓ apoptosis ↓ NF-kB activation ↓ sphingos.-1 phosph. 	<p>Clotting, blood stickiness, cell death down</p> <p>What HDL does</p>	<p>41,801 healthy Japanese with "high cholesterol" before study (~270 (=7)). Deaths per group after 6 years on Zocor</p> <p>DEATHS - Medline 12499611</p> <p>LOW CHOLESTEROL WAS NOT HAPPY CHOLESTEROL</p>
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LEFT: the good things HDL promotes. Medline 11602504 Simplified J.Genest

AND FINALLY: A SIMPLIFIED GLOBAL PICTURE:



Supplement Summary

Multivitamin (with high-dose B's) such as *Twinlabs Daily One Caps* (U.S.) or *Nu-Life 50+ Optimal* (Canada) with largest meal, normally: 'no iron'.

Canola (rape) oil for plant based omega-3 (1-2 table spoons / day) or 1 teaspoon flax, oil, or flax/linseeds, crushed in coffee mill (1-2 table spoons / day) PLUS about 1 g/day fish oil as 1 pill or 2 fatty fish meals / week

1-3 calcium + magnesium + vitamin D *combo* pills/day, most / best at night.

1-2 g vitamin C & 200 IU *mixed* E optional, CoQ10 a must when on statin.