

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

CRP And Your Heart

By Lee Cummings

CRP And Your Heart

by: **Lee Cummings**

Monitoring your CRP level is vitally important because it is one of the best indicators of heart disease. C-Reactive Protein has proven to be one of the best indicators of looming Heart disease.

Find out why high cholesterol alone is NOT responsible for heart disease. And you will find out how to keep your CRP Level in the normal range.

Because your body produces C-Reactive Protein as part of your body's defense - like when you are injured, it signals your immune system for help. Your immune system sends out white blood cells and inflammatory molecules (including C-Reactive Protein) to the injured area.

This defensive system causes inflammation which is damaging to blood vessels and leads to heart disease. Because this is an continuous process, not like an ankle injury which heals and then inflammation goes away.

Elevated C-Reactive Protein levels are an early indication of inflammation in the body. When there is inflammation in the body, there is usually a problem. Realize this is why C-Reactive Protein is a great indicator.

Naturally you can easily understand that C-Reactive Protein is a better indicator of heart disease than cholesterol. A huge study on CRP backs this up.

The New England Journal of Medicine published A report where nearly 28,000 people participated in a study of CRP. Researchers in the study used LDL cholesterol and CRP to predict heart attacks and stroke.

What the researchers found was that CRP was a better predictor of cardiac events than LDL cholesterol -1

CRP And Your Heart

So - what can you do to keep your C-Reactive Protein level low? In a word, exercise. Activity is the best way to keep CRP levels low. Just taking a walk is a good way to get your activity level up.

There are also important nutrients to help limit the damage from the inflammation.

Here are several nutrients you have heard of:

Vitamin C

Vitamin E

And Folic Acid - protects the blood vessels.

Two others you may not have heard as much about:

Taurine – is an amino acid-like compound and a component of bile acids, which are used to help absorb fats and fat-soluble vitamins. It is found in meat and fish.

L-arginine – A naturally occurring amino acid found in food proteins that the body uses to make Nitric Oxide.

You can easily get plenty of these nutrients through food and supplements combined.

Talk to your doctor about a simple test for CRP levels, it is like a blood test. It is best to keep your levels under 5 mg per liter, preferably 3 mg per liter.

1 – Ridker P., et al. Comparison of C-reactive protein and low-density lipoprotein cholesterol levels in the prediction of first cardiovascular events. NEJM 2002 Nov 14; 347(20): 1557–1565

Please feel free to use this article in your newsletter or on your website (with resource box included and use an active link).

This article may not be used in any e-mail promotions that do not conform with federal law.

If you use this article, please send a brief message to let me know where it appeared:

Lee Cummings has been helping people solve problems and feel better with proven nutrition for over 4 years. Lee publishes the monthly LC Nutrition newsletter. For a Free Report –

Discover proven nutrition information visit:

Heart Disease – A Very Real Threat To All Dogs

By Randy Jones

CRP And Your Heart

Heart disease is one of the most frequently seen problems in dogs. Different diseases involving the heart valves or heart muscle can lead to heart failure. Mitral insufficiency is by far the most common type of heart disease seen in dogs.

Mitral insufficiency involves the heart valve that separates chambers in the heart. If this valve becomes diseased and fails to close properly, blood is allowed to flow backward, which reduces blood flow forcing the heart to work harder to keep up with the body's demand for blood. This over working of the hart eventually leads to premature heart failure.

This disease can result from normal wear and tear associated with age, or it can appear secondary to other diseases, normally periodontal disease. Bacteria from the diseased teeth and gums can enter the blood stream and attach to the heart valve, setting up infection and inflammation. Over time, the heart valve becomes damaged and scarred, making it unable to function properly. The end result is heart failure.

The clinical signs associated with a failing heart include coughing, especially at night and after exercise, breathing difficulties, distended abdomen, weight loss, and exercise intolerance. Your veterinarian can diagnose heart disease by x-rays and electrocardiogram.

Many forms of heart disease are accompanied by heart murmurs. A heart murmur is nothing more than an irregular sound caused by the disruption of normal blood flow within the heart. Heart murmurs are usually classified according to their intensity as heard by a stethoscope. Your veterinarian can identify which portion of the heart is affected by pinpointing the area on the dog's chest where the murmur is the loudest.

Unfortunately, most cases of heart disease are nonreversible. The treatment for any dog suffering from such is to create an environment that relieves some of the workload on the heart. Special diets and medications can be used to improve the quality of life and extend the animal's life expectancy. Early detection is the key here. At the first sign of clinical problems mentioned earlier you should get the dog to a veterinarian as soon as possible.

Randy Jones and his partner Brent Jones have been in the pet industry for a long time. Recently they formed

. On the site, customers can shop for the latest leather dog collars, small dog clothes, pet supplies and more. Check them out at

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!