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**Heart Disease and Homocysteine**

**By Lee Cummings**

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Are you aware that one of the most important indicators of heart disease is homocysteine? –1

A naturally occurring amino acid in your body, homocysteine can cause inflammation and damage to your blood vessels when levels become elevated because of a functional deficiency of B vitamins and Folic Acid. –2

Every week we read or hear about heart disease being one of the biggest health concerns facing America today. Most people have experienced this problem because they know a friend or family member with one of these health problems.

In many cases, they may be facing one of these conditions themselves.

Would it be fair to say you really want to take control of and improve your health?

All it takes is a special blood test (just like a test for cholesterol levels), to measure the level of homocysteine in your blood. It is NOT a routine test so do yourself a favor and ask your Doctor for the test.

Also this test may not be covered by your insurance - however, because it is so important to your health – get it anyway.

So what is the normal range for homo- cysteine levels? Your level should be under 8, below 7 is even better for your health.

How you can naturally and easily keep your homocysteine levels in the normal range? One can accomplish this with a few supplements and better eating habits for life.

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And guess what? You are going to feel better and gain more energy in the process!

The first thing you may want to consider is taking a pharmaceutical grade natural multi-vitamin which contains B vitamins (B2, B6 and B12) and Folic acid 2–3 times a day. Why should I take a vitamin 2–3 times a day you ask? Because the body can only absorb so much nutrition at any one time.

Most quality vitamins will only contain about as much of a certain vitamin and mineral which can be absorbed by your body at one time.

Because the body needs nutrition throughout the day, this is one of the best ways to feed your body what it needs.

Coenzyme Q10 - or CoQ10. Research has shown and proven this to be effective in fighting heart disease: –3

Slows the effects of LDL cholesterol to fight heart disease.

Inhibits formation of free radicals

Replaces natural CoQ10 levels depleted by statin drugs and poor diet.

Next, here are some great natural food sources to keep your homocysteine levels in the normal range.

Vegetable proteins do not raise levels like some meat proteins can so eat plenty of leafy dark green vegetables.

Legumes (beans) of all kinds which are a great source of protein.

Eggs are a great source of protein - (the only protein with all 20 amino acids in the correct ratios for your body) and also a great source of Folic Acid, which helps to control your level of homocysteine.

Great sources of Soy like tofu, soy beverages, soy nuts.

Nuts – in particular – Brazil, walnuts, almonds, pecans and hazelnuts. As well as seeds - like sunflower seeds and flaxseed, which is also high in Folic Acid.

High quality grass fed organic beef, wild game, wild Alaskan salmon and sardines.

Poor quality sources of meat protein can actually raise your level of homocysteine.

So as you have learned, you can naturally and easily help your body avoid one of the factors which leads to heart disease with these proven, simple and low cost methods.

And guess what? Just imagine how you are going to feel better and gain more energy in the process in a short period of time!

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1– Physicians Health Study, Milosevic–Tosic M. ,et al. Hyperhomocysteinemia - a risk factor for development of occlusive vascular diseases Med pregl. 2002 Sep–Oct;55(9–10):385–91

2– Hyman, Mark M.D., Liponis, Mark M.D. Ultra–Prevention, The 6–Week Plan that will Make you healthy for life, New York, Scribner, 2003, pgs 43, 50.

3–

3– Stephen T. Sinatra, M.D., The CoEnzyme Q10 Phenomenon, McGraw–Hill/Contemporary Books,1998

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Lee Cummings has been studying natural proven nutrition for 9 years. Because he has shown people how to get the results they want with natural proven nutrition, he has helped dozens of people feel better and gain energy over the last 4 years. Lee is the publisher of the monthly LC Nutrition newsletter. For more information on how proven nutrition will help you, visit

### **Heart Friendly Foods**

**By [www.fatfreekitchen.com](http://www.fatfreekitchen.com)**

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Heart disease results when plaque builds up inside the arterial walls, which causes a partial or complete obstruction of blood flow. This reduces flow of blood to heart and may result in angina. Angina is a sensation of discomfort, pain, burning or pressure, generally felt in the chest area.

Angina may be the first indication of heart disease. But many people with heart disease often get no

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warning signals, until they suffer a full heart attack. Chest pain should not be ignored, even when it is not permanent.

During a heart attack, the supply of oxygen to heart is cut off, resulting in tissue death for a part of the heart muscle.

There are certain foods that

and thus the risk of heart disease. The following heart

friendly foods are important for the health of your heart.

**Apples:** Drinking 12 ounces of apple juice or eating two whole apples a day is beneficial. Research has shown that phytochemicals in apples could help cut the risk of death from heart disease or stroke in half.

**Onions:** Eating half a raw onion a day raises HDL (good) cholesterol by an average of 25 percent in most people.

**Legumes/Beans:** One serving of dried beans/legumes a day can reduce cholesterol by up to 10%. The fiber and other compounds present in legumes and beans can lower cholesterol, blood clotting and improve blood–vessel function. These are also a great source of folate, which keeps homocysteine levels (an indicator of heart trouble), in check.

**Oats:** Eating about one–cup of cooked oatmeal a day significantly decreases blood cholesterol levels.

Oats contain beta–glucans, a soluble fiber that is responsible for cholesterol reduction.

**Walnuts:** Eating walnuts can reduce your total cholesterol level by 12% and LDL cholesterol level by 16%. Walnuts contain a type of fat called linolenic acid, which lowers cholesterol and prevents blood clots.

**Olive Oil, Canola Oil:** Of all cooking oils, olive oil contains the largest proportion (77%) of monounsaturated fat and has powerful antioxidants, which lowers LDL cholesterol without affecting HDL levels.

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