

Nutrition: Complementary And Alternative Choices

Heart Health

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Note: to have optimal response, all recommendations begin with **Ultra-Vites** and **Ultra Omega-Linic**. For the patient with Cardiovascular Disease or a family history of CV disease, use supplements in excess of my minimum recommendations.

This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.

Nutrient	Product	Q/Day
Good, broad spectrum, multi vitamin*	Ultra-Vites*	2
high Essential Fatty Acids (w3 and w6)	Ultra Omega-Linic	6-8
Calcium and Magnesium 2:1 or 1:1 ratio	Calcium D Chelate	3
	Ultra-Magnesium Chelate	1
Vitamin E mixed tocopherols	Vitamin E-400	1
Vitamin D3 or Vitamin D3 with vitamin K	Vitamin D3 5000 or Vitamins D3 5000 + K	1
Coenzyme Q10 100 to 400 mg	Ultra CoQ10 100	1-4
Monolaurin	Ultra Monolaurin	2 scoops
Vitamin C, 1-10 grams	Vitamin C-500	1-10
	Ultra C-1000	
Anti Inflammatory, Anti Oxidant	Inflamease	1-2
Weight Loss and Blood Sugar control	Ultra DM Complex	2am/2pm

* use a multi without iron unless there is a known need for iron

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Heart disease is commonly caused by vascular disease, and vascular disease is not confined to the heart. Aging is often an additional factor in heart disease problems. Bad general nutrition seems to be a factor of most chronic disease. Failure of the cardio vascular (CV) system is frequently associated with cerebral disease and renal disease. With these caveats in mind, this protocol is useful for most patients. With some it may be useful to add additional nutrients and alter the amounts.

MULTIPLE VITAMIN-MINERAL

Ultra-Vites is a multi vitamin/mineral product that is especially good for common heart disease problems. Since excess Iron causes vascular damage, it is extremely important that you do not supplement iron, unless there is a known need for iron. **Ultra Preventive Multi Vitamin and**

Mineral is available with iron if needed. Both of these formulas are high in B vitamins B and vitamin D. Ultra Preventive also contains Spirulina.

ESSENTIAL FATTY ACIDS

Essential Fatty Acids (EFAs) play a vital role in the prevention of any degenerative disease. I have had good clinical results with **Ultra Omega-Linic**. This combination of EFAs has a long list of benefits. It decreases platelet adhesiveness; prolongs bleeding time within normal range; decreases inflammation, thereby reducing ongoing atherosclerosis; decreases systolic and diastolic blood pressure; and tends to normalize serum lipids and LDL/HDL ratio. It is also effective in relieving the symptoms of arthritis, benign prostatic hypertrophy and other degenerative diseases found in so many patients

with CV disease. The high level of GLA PG1 precursors adds an extra level of anti-inflammatory protection and make it superior to fish or krill oil supplements.

When supplementing the higher levels of essential fatty acids, be sure to include a mixed tocopherol like **Vitamin E 400**.

VITAMIN D 3 5000: *Vitamin D is nature's leading blood pressure regulator.* This has been shown in several clinical studies. Vitamin D from the sun is inadequate in late fall, winter, and early spring. As a consequence, *little or NO* Vitamin D is produced by the body at these times in the northern latitudes. In addition, very little Vitamin D is produced in individuals who are sedentary and do not have adequate skin exposure to the sun. Older skin poorly converts sunlight to vitamin D in the body.

Vitamin D supplementation reduces both systolic and diastolic blood pressure by slowing the formation of angiotensin II. This is accomplished by inhibiting angiotensin-converting enzyme (ACE). This is the same mechanism by which ACE INHIBITORS lower blood pressure. ACE inhibitors are very effective in regulating blood pressure. Vitamin D lowers blood pressure by a similar mechanism.

Studies have shown that subjects receiving a daily vitamin K1 plus a multi vitamin/mineral supplement had less progression of coronary artery calcification than subjects who took only a multi vitamin. If you consider **Vitamins D3 + K**, it should be used with medical supervision when taking anti-coagulation drugs like warfarin.

MINERALS: Both Calcium and Magnesium are important in controlling muscle contraction (including cardiac muscle) and are frequently not present in the diet in adequate amounts. In addition, when supplementing 5000 IU or more vitamin D, it is extremely important to supplement Calcium daily. **Calcium D Chelate** is the most bioavailable form. **Ultra Magnesium Chelate** should be supplemented in a 2:1 or 1:1 ratio with Calcium. Ultra-Vites, my recommendation for a

multi vitamin/mineral supplement, already provides 80 mg of chelated magnesium.

Ultra COQ10 100: With advancing age, the body tends to lose its ability to synthesize this coenzyme. Studies have shown that Coenzyme Q10 is quite useful in congestive heart failure. In addition, it is a very strong antioxidant, normalizes blood pressure, normalizes lipid profiles and enhances the immune system.

Ultra Monolaurin: Recent research into the initiation of the atheromas that are reported in blocked arteries shows that there is a causative role for the herpes virus and cytomegalovirus in the initial formation of plaques.

These two viruses are inhibited by monolaurin. It is effective against many other pathogenic organisms, which may be responsible for the development of atherosclerosis.

As a preventive measure, use 2 scoops of Ultra Monolaurin per day. More could be used as directed by a health care professional.

ANTIOXIDANTS: Use **Vitamin E-400** and **Ultra-C 1000** or **Vitamin C-500**. In older patients some practitioners will recommend a dose of 2000 IU of Vitamin E daily.

Consider the antioxidant benefits of **Inflamease** which contains OPCs. These provide anthocyanins and other flavonoids. It also contains resveratrol. Proanthocyanidins have been shown to strengthen capillaries; they help prevent platelet aggregation. Inflamease also stimulates fibrinolysis and has excellent anti-inflammatory properties.

Ultra DM Complex, which contains Alpha lipoic acid, Cinnamon and GTF Chromium, is used to optimize blood sugar during the process of weight loss and diet stabilization. It is especially important for patients with insulin resistance or type 2 diabetes. In addition, alpha lipoic acid is one of the major antioxidants that protects against phospholipid peroxidation. Take 2 in the AM and 2 in the PM.

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