

Heart Smart Nutrients

By Dr. Harry Elwardt, N.D., Ph.D.

There is a world of new information regarding key nutrients that have a powerful effect on cardiovascular health. These nutrients combine science based, evidenced backed, nutrients like L-Arginine, essential fatty acids and vitamin D, with the ancient healing properties of noni, acai, mangosteen and goji. These nutrients provide your body with a host of essential vitamins, minerals, amino acids, antioxidants, and other vital nutrients. In just a few seconds each day, you can give your body a powerful dose of science-based nutrition. Let's look at some of these powerful nutrients.

L-Arginine

Arginine is a semi-essential amino acid that has shown promise in the prevention of atherosclerosis (blockage of the arteries). L-Arginine is pure 100% free form Arginine and is the precursor for endothelium-derived nitric oxide (EDNO). Three scientists were awarded the *Nobel Prize in Medicine* in 1998 for discovering nitric oxide's role as a vasodilator. In a healthy endothelium (inner wall of a blood vessel), nitric oxide (NO) will keep vessels pliable and elastic, dilate (open up) blood vessels keeping blood flowing smoothly, relax blood vessels, keep platelets and white blood cells calm and prevent them from sticking to the vessel wall, prevent oxidation, slow plaque growth, suppress atherosclerosis and melt away plaque that already exists.

After Arginine is consumed in foods and in supplements, it makes its way into the bloodstream and circulates throughout the body. As it enters the endothelial cells that line the smooth muscle walls of blood vessels, an enzymatic reaction occurs that converts Arginine to nitric oxide. As the levels of Arginine rise in the body, so does your production of nitric oxide, which in turn can have a dramatic and positive effect on your cardiovascular health.

There are over 69,000 medically published clinical studies attesting to the fact that Arginine will help lower blood, lower cholesterol and triglycerides, improve diabetes, improve sexual function, reduce blood clots and strokes, improve congestive heart failure, improve wound healing, improve liver and kidney function, improve memory and cognitive functions, increase human growth hormone (HGH), improve muscle growth and performance, and much more.

L-Citrulline

An amino acid which promotes energy, stimulates the immune system, and detoxifies ammonia, which damages living cells. L-Citrulline is closely related to L- Arginine and is found in many of the same protein-rich foods. In your body, L- Citrulline is converted into L- Arginine, which in turn increases the production of nitric oxide. This “turbo-charging” effect of the L- Citrulline /L- Arginine recycling pathway can, in fact, substantially increase nitric oxide production.

EDTA

Today, there exists a treatment that removes plaque and restores blood flow throughout the entire arterial system, treating the micro as well as the macro vessels. It's called EDTA chelation, available via intravenous and oral supplementation. It is safe, inexpensive and proven to be very effective in treating the entire cardiovascular system. Somewhat less well known, among consumers and health care professionals, are the benefits of the oral form EDTA Chelation therapy, in which the same EDTA compound used intravenously is taken orally, in doses high enough to be effective, yet safe enough to be taken without a doctor's intervention. The many health benefits of EDTA include:

Prevents cholesterol deposits

Lowers diabetics insulin needs

Heals calcified necrotic ulcers

Reduces excessive heart contractions

Reduces blood cholesterol levels

Reduces Alzheimer-like symptoms

Reduces intermittent claudication	Increases intracellular potassium
Lowers high blood pressure	Reverses Senility
Improves vision in diabetic retinopathy	Reduces heart irritability
Avoids by-pass surgery	Has an anti-aging effect
Decreases macular degeneration	Improves heart function
Avoids angioplasty	Prevents cancer
Dissolves small cataracts	Removes mineral and drug deposits
Reserves digitalis toxicity	Improves memory
Eliminates heavy metal toxicity	Dissolves kidney stones
Removes calcium deposits	Reverses diabetic gangrene
Makes arterial walls more flexible	Reduces serum iron levels
Dissolves intra-arterial blood clots	Restores impaired vision
Reduces heart valve calcification	Reduces varicose veins
Normalizes cardiac arrhythmias	Prevents osteoarthritis
Reduces rheumatoid arthritis symptoms	Prevents otosclerosis (hearing loss)

Omega EFA's

Omega EFA's (essential fatty acids) are vital to good health, but they must be acquired through our diets or supplementation because the body is unable to manufacture EFA's itself. Leading doctors estimate that upwards of 80% of North Americans are deficient of these Omegas and there is a direct correlation with this deficiency in Omegas and the modern proliferation of fat-related diseases such as heart disease, cancer and adult onset diabetes. Furthermore, these doctors believe that by simply supplementing the Omegas into one diet can dramatically reduce the onset of these deadly diseases.

Over 2,000 scientific studies have demonstrated the wide range of problems associated with Omega-3 deficiencies. The American diet is almost devoid of Omega 3's, except for certain types of fish.

In fact, researchers believe that about 60% of Americans are deficient in Omega-3 fatty acids, and another 20% have so little that test methods cannot even detect any in their blood.

The human brain is more than 60% structural fat, just as your muscles are made of protein and your bones are made of calcium. But it's not just any fat that our brains are made of. It has to be certain types of fats, and we no longer eat these types of fats like we used to.

Worse, we eat man-made trans-fats and excessive amounts of saturated fats and vegetable oils high in Omega-6 fatty acids, all of which interfere with our body's attempt to utilize the tiny amount of Omega-3 fats that it gets.

Symptoms of fatty acid deficiency in our brain include irritability, attention deficit, hyperactivity, violent behavior, depression, food cravings and dyslexia.

Imagine a child in school learning math. The act of learning requires the brain to form new neural pathways. The Omega 3 fatty acid called DHA is needed, especially for the delicate neural synapses, which are composed entirely of DHA. This child, like the vast majority of U.S. children, eats almost no Omega-3 fatty acids. What does the brain do?

Again, it struggles and finally uses other types of fats, which are the wrong shape. The neural network develops slowly and is defective. The child has learning and memory problems as well as behavior problems. In Japan parents have been giving their kids DHA supplements for years to improve their grades.

Other parts of our bodies also need Omega-3 fatty acids. Symptoms of fatty acid deficiency include a variety of skin problems such as dry skin, eczema, thick patches of pale skin, cracked skin on heels or fingertips, dandruff, alligator skin and "chicken skin" on back of arms.

Signs of fatty acid deficiency elsewhere in our bodies include frequent urination, brittle (easily frayed) nails, dry, unmanageable hair, dry eyes, poor wound healing, frequent infections, excessive thirst, fatigue, lowered immunity and allergies.

Extensive and strong evidence has shown that omega-3 fats can be very highly effective at helping to:

- Prevent heart disease and stroke
- Prevent sudden cardiac death (SCD)
- Prevent & reverse arrhythmias (irregular heart beat)
- Prevent cancer--breast, ovarian, colon, prostate and pancreatic
- Prevent diabetes
- Fight depression
- Fight inflammatory diseases
- Fight weight gain
- Fight eczema
- Fight arthritis
- Fight memory problems
- Fight allergies
- Fight lupus
- Fight ulcerative colitis
- Fight learning disorders—dyslexia, ADD, ADHD
- Fight violent behavior

Within the next 5 or 10 years the population at large will become familiar with the issue of fatty acid deficiency and the harm caused by trans fats, and there will be significant changes in the way food is formulated and marketed.

Regularly consuming fish oil and clean, healthy fish is usually one of the strongest recommendations I can advise, as most of you reading this report are

dangerously deficient in omega-3s from marine life. However, be warned that fish would be one of the planet's healthiest foods and best sources of Omega fatty acids, except for one very dangerous and sad issue--nearly ALL fish from ALL sources (ocean, lakes, rivers, & farm-raised) are now highly contaminated by mercury and other toxins.

Therefore, **I strongly urge you NOT to eat any fish unless you are absolutely certain it has been proven free of dangerous levels of mercury, PCBs, etc.**

There is now an exciting new plant oil called Perilla oil that packs a real punch. Perilla is a rich source of Omega 3, 6, and 9 fatty acids, phytochemicals and amino acids. Gram for gram, Perilla contains more Omega 3 (alpha-linolenic acid) than flaxseed oil and is also a rich source of Omega 6 (linolenic acid) and Omega 9 (oleic acid). I highly recommend trying a product that contains Perilla oil over the standard fish oil products due to the potential mercury contamination in our fish supply.

Vitamin D3

Vitamin D, calciferol, is a fat-soluble vitamin. D3 is normally produced in the skin by the action of sunlight, but is also obtained from certain foods. Dietary sources are limited however, according to the American researchers. A glass of milk, for instance, contains only 100 units of the vitamin.

The major biologic function of vitamin D is to maintain normal blood levels of calcium and phosphorus. Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. It promotes bone mineralization in concert with a number of other vitamins, minerals, and hormones.

Without vitamin D, bones can become thin, brittle, soft, or misshapen. Vitamin D prevents rickets in children and osteomalacia in adults, which are skeletal diseases that result in defects that weaken bones.

Researchers found the "natural" form of the vitamin, known as D3, can dramatically reduce the chances of developing breast, ovarian and colon cancer, as well as others. Taking 1000 international units of the vitamin daily could lower an individual's cancer risk by 50-per cent, they said.

A new study has linked a lack of sunshine, the body's most natural source of vitamin D, to the prevalence of cardiovascular disease, especially among people of color.

Factors that affect sunlight, and therefore vitamin D production, are tied to a patient's cardiovascular risks. In other words, the more sunlight you get, the better your cardiovascular health will be. These factors can include time of year, altitude, and geographical location.

There are a number of physiological mechanisms triggered by vitamin D production through sunlight exposure that act to fight heart disease, according to the study:

- An increase in the body's natural anti-inflammatory cytokines.
- The suppression of vascular calcification.
- The inhibition of vascular smooth muscle growth.

Getting the right amount of vitamin D treats and prevents a variety of ailments and diseases including:

- Protection against multiple sclerosis (MS)
- Prevention of diabetes
- Signals colon, breast and prostate cells to stop growing and eventually succumb to programmed cell death
- Prevents hip and knee arthritis
- Infertility and PMS
- Fatigue, depression, obesity

- Autoimmune Disorders – Multiple Sclerosis, Sjogren's Syndrome, Rheumatoid Arthritis, Thyroiditis and Cohn's Disease

Tahitian Noni Juice

For over 2000 years, Noni (*morinda citrifolia*) has been used for its many beneficial properties. The early Polynesians used it as a general tonic. They found it particularly beneficial for imbalances of the immune, respiratory, digestive, and intestinal systems. It was also determined to be helpful for the central nervous system and as an aid for injured muscles, bones, and tissue. Currently, scientists are studying possibilities in treating hypertension, cancer, high blood pressure, and counteracting the aging process.

Look for Tahitian Noni juice, which is the highest quality Noni juice compared to Hawaiian Noni juice, when purchasing a product containing Noni juice.

Substantial research have been done by modern scientists, which has led them to respect Noni's unique healing properties through its high quantities of phytonutrients and enzymes. Beginning in the 1950's, Noni has been researched at leading institutions in France, the Netherlands, Germany, Ireland, Taiwan, Japan, Austria, Canada and Hawaii.

In 1993, a Japanese research team reported in *The Cancer Letters* that Noni was the most effective of 500 tropical plant extracts at preventing the growth of tumors. Studies have shown that Noni stimulates the production of T-cells in the immune system. Other studies have shown Noni to have very effective anti-inflammatory, analgesic, antibacterial properties. One study at the University of Hawaii isolated one of the 140 compounds, scopoletin, and showed that it lowered high blood pressure, relaxed spasms, reduced inflammation, killed bacteria and fungi and prevented growth of tumors. Perhaps two reasons for Noni's wide range of effectiveness is ability to regulate cell function and cellular

regeneration and its role as an adaptogen—helping the body to restore its organs to normal function, or homeostasis.

People have reported the following benefits from drinking Noni juice on a daily basis:

- Helps with weight loss
- Helps increase energy
- Helps with pain relief
- Helps with headache relief
- Helps decrease allergy symptoms
- Helps with depression
- Helps decrease fibromyalgia symptoms
- Helps decrease arthritis symptoms
- Helps slow down aging
- Helps improve breathing
- Helps improve digestion
- Helps diabetes (Type 1 & 2)
- Helps sharpen memory
- Helps decrease high blood pressure
- Helps increase mental clarity and awareness
- Helps increase muscle
- Helps increase sexual enjoyment
- Helps improve kidney health
- Helps decrease heart disease symptoms
- Helps with better sleep
- Helps aid to help stop smoking
- Helps increase overall well being.

Acai Juice

The Açaí berry, or Açaí Fruit (ah-sigh-ee) grows on majestic palm trees in the Amazon Rainforest and looks like a purple marble or grape. Açaí has a delicious tropical berry flavor and provides exceptional nutrition. Açaí contains high levels of Antioxidants, Omega Fatty Acids (healthy fats), Iron, Amino Acids, Fiber, and many other vitamins and minerals. The people living in the Amazon region in Northern Brazil, have consumed Açaí for hundreds of years and it's healing and sustaining powers are legendary.

Açaí is rich in anthocyanins, an essential anti-oxidizer that helps combat premature aging. In fact, açaí has 10 –30 times more anthocyanins (purple colored anti-oxidants) than a glass of red wine.

Acai berries are nature's best sources for Ellagic Acid. Ellagic Acid is a naturally occurring compound that also has very strong anti-oxidant, anti-mutagen and anti-cancer properties.

- Ellagic Acid is a potent anti-carcinogen.
- Ellagic Acid has the ability to inhibit mutations within a cell's DNA.
- Ellagic Acid is considered to be a cancer inhibitor which has the ability to cause apoptosis (deliberate cell death) in cancer cells.
- Ellagic Acid has antibacterial and anti-viral properties

Everyday the popularity of Açaí grows. There have been major network news stories on *CNN*, *NBC* and *CBS*. Articles have been written-up in the *New York Times*, *Newsweek* and *Vogue* reporting the health benefits of ACAI. *Oprah Winfrey* has even touted the berries healthful qualities.

Health Sciences Institute says, "The Acai berry is nature's perfect food. Get the healing power of many phytonutrients in one delicious package."

Vogue Magazine calls it "**the next big workout cocktail!**"

Drinking Acai can offer the following benefits:

- Is an all-in-one multi-vitamin
- Has essential minerals
- Has more protein than an average egg
- High content of Omega 6 & 9 fatty acids
- Helps improve energy and stamina
- Helps improve digestion
- Helps improve mental clarity and focus
- Helps improve restful sleep
- Helps improve sexual function
- Helps maintain normal cholesterol levels
- Helps boost the immune system
- Helps slow down the aging process
- Helps improve cleansing and detoxifying of the body

Mangosteen Juice

The mangosteen (*Garcinia mangostana*) is a tropical evergreen tree, believed to have originated in the *Sunda Islands* and the *Moluccas*. The tree grows from 7 to 25 meters tall. The edible fruit is deep reddish purple when ripe. In Asia, the mangosteen fruit is known as the "**Queen of Fruits.**"

For hundreds of years, the people of *Southeast Asia* have used the mangosteen, especially the rind, to ward off and treat infections, reduce pain or control fever, and treat various other ailments.

The outer shell of the fruit (pericarp) is rather hard, typically 4-6 cm in diameter, resembling a spherical, black cartoon bomb. Cutting through the shell, one finds a very pale, fleshy fruit 3-5 cm in diameter. Depending on the size and ripeness,

there may or may not be pits in the segments of the fruit. The number of fruit pods is directly related to the number of petals on the bottom of the shell.

People have reported the following benefits from drinking mangosteen juice on a daily basis:

- Helps boost energy
- Helps lower LDL cholesterol
- Helps prevent hardening of arteries
- Helps lower high blood pressure
- Helps regulate blood sugar level
- Helps loose weight
- Helps reduce pain from arthritis
- Helps prevent osteoporosis
- Helps prevent gum disease
- Helps with depression
- Helps with allergies
- Helps reduce inflammation
- Helps prevent ulcers
- Helps prevent Alzheimer's and dementia
- Helps strengthen the immune system
- Helps slow down the aging process
- Helps kill free radicals
- Helps fight viral, bacterial and fungal infections
- Helps fight skin disorders
- Helps prevent kidney stones
- Helps lower fever
- Helps prevent Parkinson's disease

Himalayan Goji Juice

If you have not yet heard of “Goji,” you are not alone. While it has occupied an important place in traditional Asian medicine for countless generations, the secrets of its nutritional benefits have remained a mystery to most of the world.

Through the ages, legends abound about this miraculous fruit. There are festivals held to celebrate its goodness, and even a poem was written in its honor.

Dr. Mindell, regarded as the world’s #1 nutritionist, claims it is the most important health discovery of our time!

"As a pharmacist and nutritionist dedicated to helping others optimize their health and well-being...I believe that Himalayan goji juice will have more powerful benefits on health, well-being, and anti-aging than any other (nutrient) I have seen in the last 40 years."

Scientific research from major universities around the world has validated the remarkable health benefits of the goji berry claimed by the Himalayan Healers thousands of years ago. Over 50 studies have already been published in prestigious health journals, showing the following health benefits:

- Helps increase energy level and strength
- Helps prevent premature aging
- Helps make a person look and feel younger
- Helps stimulate the secretion of the Human Growth Hormone (HGH)
- Helps maintain normal blood pressure
- Helps maintain normal cholesterol
- Helps maintain normal blood sugar
- Helps enhance sexual function
- Helps with losing weight
- Helps relieve headaches and dizziness

- Helps improve quality of sleep
- Helps improve vision and support eye health
- Helps strengthen the heart
- Helps boost the immune system
- Helps improve liver health
- Helps with menopause symptoms
- Helps prevent morning sickness in the first trimester of pregnancy
- Helps improve fertility
- Helps strengthen muscles and bones
- Helps improve memory and recall ability
- Helps support normal kidney function
- Helps with a chronic dry cough
- Helps alleviate anxiety and stress

Fulvic Minerals

A natural extract from ancient plant deposit that was created 75 million years ago in the upper cretaceous period, consist of an immense arsenal and array of naturally occurring phytochemicals, biochemicals, supercharged antioxidants, free-radical scavengers, super oxide dismutases, nutrients, enzymes, hormones, amino acids, antibiotics, antivirals, and antifungals. Fulvic Acids greatly enhance the bioavailability of important trace minerals. Regenerate and prolong the residence time of essential nutrients in the cells. Modify the damage or toxic compounds such as heavy metals and free radicals. Enhance the permeability for digestive, circulatory, and cell membranes. As the most powerful, natural electrolyte known, fulvic acid restores electrical balance to damaged cells, neutralizes toxins and can eliminate food poisoning within minutes. To the science of living cells, fulvic acids are vital in bringing substantial amounts of nutrients and minerals into water solution and delivering their living energies to the living cells.

Fulvic acid minerals are thought, by leading natural health experts, to be one of the most important "missing links" in the modern food chain. Medical and agricultural research continues to conclusively point to one fact: **fulvic acid minerals either directly or indirectly hold the keys and solutions to many of the world's health problems.**

Fulvic mineral complexes are the world's finest electrolyte, which improves energy function, increases assimilation, stimulates metabolism, restores electrochemical balance, reduces high blood pressure, enhances nutrients, and helps rebuild the immune system.

Conclusion

I know of no other nutrients that have the power to reverse the aging process like the ones I have detailed in this report. These essential nutrients are a must for anyone who wishes to keep "Father Time" at bay. These components have a tremendous impact on cardiovascular health and overall health. I highly recommend these supplements to every man and woman who is concerned about their wellness and wants to look great, feel great and age gracefully into their sunset years.

About the Author:

Dr. Harry Elwardt is a Naturopathic Doctor, Master Herbalist, Certified Nutritional Counselor and a Ph.D. in Health & Nutrition. Dr. Elwardt has been working in the alternative medicine field for 10 years and is passionate about helping people through naturopathic therapies. Dr. Elwardt is author of the book "Let's STOP The #1 Killer Of Americans TODAY," a natural approach to preventing and reversing heart disease. Dr. Elwardt also serves on the Medical Advisory Board for *Nutrition & Kids*, *Life Mission International*, *The Bahamas Health Institute*, and *Ark World International*.