

Clinical References for Heart Wisdom

Research into the causes of Atherosclerosis, the primary cause of heart disease, has been ongoing for many years. In the past 20 years or more, new light has been shed on not only the cause of this epidemic killer, but effective, natural methods of preventing and even reversing Atherosclerosis have been discovered. Some of the hundreds of studies on file have this to say about nutrients and heart disease:

...hyperhomocysteinemia is now generally accepted as an independent risk factor for coronary artery disease.... Its treatment with low doses of vitamins has proven to be both safe and effective. *Archives of Internal Medicine* 1997:157

“Dietary intakes of polyunsaturated fatty acids from seafood is associated with a reduced risk of primary cardiac arrest.” *JAMA* 1995 : 274

“These results suggest that intake of folate and vitamin B6, above the recommended dietary allowance may be important in the primary prevention of CHD among women. *JAMA* 1998: 279

“...it has been shown that coenzyme Q10 supplementation can be of value maintaining the integrity of the heart under the adverse cellular conditions. It would appear that the protection of the heard provided by CoQ10 may be related to its antioxidant capabilities although other factors cannot be ruled out...” *Biological Trace Element Research* 1993: 37

A selection of some of the hundred of studies used in this formulation follow:

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