

# All About *Your Health*

## HAVE A HEART - HAVE A HEALTHY HEART

by *Muriel M. Grant, D.C., N.D., Total Life Care*

The cardiovascular system's main jobs are to deliver oxygen and nutrition to cells and to help remove cellular waste products.

Today, your heart will beat at least 100,000 times, pumping 2,500 to 5,000 gallons of blood through 60,000 miles of blood vessels within your body. In an average lifetime the heart will beat 2.5 billion times and pump 100,000 million gallons of blood. Amazing, but true.

Heart disease is North America's #1 killer. The underlying cause of heart disease is often atherosclerosis - hardening of the arterial walls, with its major risk factors: smoking, elevated blood cholesterol levels, high blood pressure, diabetes, physical inactivity and obesity.

Many people die prematurely because of their poor diet

and life style choices. They may start much first for prescription drugs, rather than natural solutions. Fear and anxiety intensifies the problem.

There are many ways to assist normal heart function with natural food supplements. Chiropractic care in Thoracic areas T2-6 assists removal of nerve root pressure, increasing vascular flow. This is especially helpful in improving cardiac function.

We must keep in mind that the heart is a muscle. Muscles need calcium as well as bones for strength and function. Magnesium is well known to reduce muscle cramping and spasms...therefore helpful in angina pain and stress. A diet high in vegetable fibres and low in animal products is preferred. Vitamin E or Wheat Germ Oil is a powerful anti-oxidant for heart protection, as well as assisting oxygen flow to the cardiovascular system.

HDL (high density lipoprotein) removes cholesterol from the circulation, while LDL (low density lipoprotein) transports cholesterol from the liver to body cells. Natural products such as Lecithin, Garlic and Guggulipid are helpful in removing and controlling LDL in the blood.

Other natural remedies are CoEnzyme Q10, Hawthorne,

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### Did You Know?...

Members of the College of Chiropodists of Ontario are the only regulated health professionals in the province exclusively educated and licensed in foot medicine