



HEART HEALTH

Cardiovascular may look like a scary word, but put simply, it refers to ^(a) the heart (cardio), ^(b) the arteries and veins (vascular) that attach to it, and ^(c) the blood that flows through them. These three components make up the Cardiovascular System ⁽¹⁾.

It may come as a surprise, but optimal heart health is dependent on good muscle function. Quite literally, the heart is the most important muscle in our body – so it pays to look after it. Nutrients such as vitamin C, B-complex vitamins, vitamin E, magnesium and calcium and many polyphenols and anti-oxidants nourish the heart muscle and help to maintain a healthy rhythm.

Connected to the heart is a network of arteries and veins which form the cardiovascular system. Much like the plumbing system in a house, this network supplies oxygen-rich blood to every part of the body and removes waste products and toxins from the muscles. Supple arteries and a competent vascular system ensure that blood is pumped through the body efficiently, minimising the load on the heart.

Essential fatty acids such as Omega 3 oils and other good lipids help to improve the elasticity of arteries ⁽²⁾, phenol compounds relax the artery walls and reduce inflammation, and sulphur-based nutrients work to thin the blood and make it more fluid ⁽³⁾. The more efficiently blood flows in our body; the better our quality of life.

Heart health is also optimised by reducing the blood levels of LDL (bad cholesterol) and Triglycerides, and increasing the level of HDL (good cholesterol). Cholesterol is associated with the formation of plaques and fatty deposits which clog arteries and increase blood pressure. An active lifestyle and a diet rich in fresh foods and low in saturated fat are recommended to maintain healthy blood cholesterol levels. In addition, supplementing with natural cholesterol-lowering substances can help. It is now widely accepted that Omega 3 essential fatty acids can help to establish a healthy cholesterol balance ⁽⁴⁾.

Deep Blue Health products which can improve heart health are;

Omega 3 and Omega 3 Junior – plays a role in keeping cholesterol levels balanced, arteries unblocked, reducing blood pressure and protecting blood vessels.

Flaxseed Oil – rich in Omega 3 and Omega 6, these plant based oils improve heart health and protect from vascular disease.

Lecithin – a protective nutrient which mobilises fats and can be effective in breaking up cholesterol in the body.

Garlic – the active ingredient is Allicin, a sulphur compound, which thins the blood and helps to reduce blood pressure.

Deer Velvet – a versatile and effective health remedy, it supports muscle function and reduces inflammation.

Green Lipped Mussel – rich in vitamins, minerals Omega3 and glycosaminoglycans which work together to reduce inflammation and improve heart health.

Olive Leaf – contains phenolic compounds which relax the arterial walls and reduce clot formation.



References:

1. <http://www.who.int/mediacentre/factsheets/fs317/en/index.html> - Cardiovascular disease
2. <http://www.clinsci.org/cs/107/0001/cs1070001.htm> Abstract Philip C. Calder, 2004
3. http://www.botanical.com/site/by_you/article_greatprotector/garlic.html – Garlic
4. <http://www.medicinenet.com/script/main/art.asp?articlekey=23820&page=2> – Essential fatty acids



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