



# Wellspring

HEALTH & SPORTS PERFORMANCE



## **Heart Health**

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## **Cholesterol- Friend or Foe?**

Facts About Cholesterol

### **Cholesterol Quiz!**

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Circle One

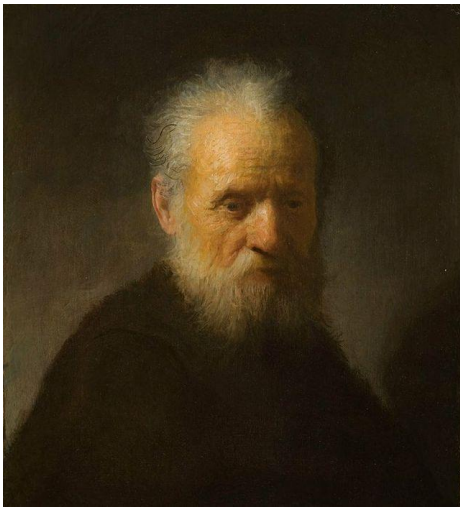
1. The lower your cholesterol, the healthier you will be.	TRUE	<b>FALSE</b>
2. The healthy range of cholesterol is 0-200.	TRUE	<b>FALSE</b>
3. Cholesterol helps protect against environmental toxins.	<b>TRUE</b>	FALSE
4. Cholesterol levels less than 150 significantly reduce your risk of heart disease.	TRUE	<b>FALSE</b>
5. The use of statin drugs has lowered the incidence of heart disease.	TRUE	<b>FALSE</b>
6. Oxidative stress and inflammation are the root cause of elevated LDL.	<b>TRUE</b>	FALSE
7. Your risk of death is two times higher with low cholesterol than it is with high cholesterol.	<b>TRUE</b>	FALSE
8. High insulin levels are greater risk factor for cardiovascular disease than high cholesterol.	<b>TRUE</b>	FALSE
9. The optimal cholesterol level is 225.	<b>TRUE</b>	FALSE
10. Cholesterol is a stand-alone test that can be used to determine health and disease.	TRUE	<b>FALSE</b>

## **NUTRITION AND CARDIOVASCULAR DISEASE**

### **DID YOU KNOW?!?**

Autopsy studies suggest that by age 60, 100% of people have some sign of atherosclerosis (deposition of plaques of fatty material on their inner walls of the arteries)

**The question, is it a disease or simply a normal part of aging? One problem we are facing, is younger generations are falling prey this, now disease. Something is going wrong.**



Atherosclerosis has been around for centuries. Hippocrates Galen outlined symptoms dating back to 420 BC. In a famous painting by the artist Rembrandt, titled “Bust of an Old Man”(left) depicts a man with advanced atherosclerosis. If you examine the signs, visible blood vessels, yellow colored eyes, dry skin, hair thinning, nose and cheek coloration suggest poor circulation, these are the same symptoms we still see today.

Most practicing physicians get information from pharmaceutical companies, they are sent to classes and presentations, however when we compare to Doctors 50 years ago, we do not really know anymore about nutrition and heart hypothesis. 75% of all deaths from heart disease have a single: atherosclerosis. This disease goes undetected and 1 in 6 teenagers have some form of lesions. This progressive condition has become an epidemic over the past 100 years and its ascent has not slowed.

## **HOW DID WE GET HERE?**

1. **Inflammatory Responses:** arteries carry oxygen from the heart and lungs, feeding our organ artery walls. The interior of our artery can be looked at similarly to the skin. When plaque travels through the arteries, the sharp jagged edges create microscopic abrasions or “scratches” on the inside of our artery walls. The more plaque traveling through the blood the more inflamed and irritated the arteries get.
2. **Slower Blood Flow:** The body patches these microscopic abrasions with cholesterol, like a scab. These patches, are like speed bumps and slows the flow of blood to the organs, or worse, the patch grows and breaks off becoming a blockage or rupture.
3. **Poor Nutrition:** the number one source of inflammation is poor nutrition. In the past we were hunters and gatherers, now we are consumers of “instant and plenty” or “refined and processed”.

## **CAUSES:**

1. **Inflammation is a Trigger**
2. **Poor Diet:** Belly fat is dangerous! Belly fat releases chemicals that cause inflammation- 3rd world countries don't have heart disease, as they do not have belly fat.

## **SYMPTOMS AFFECTING THE HEART**

1. angina
2. shortness of breath
3. abnormal heart beat
4. heart failure
5. heart attack

#### **SYMPTOMS AFFECTING THE BRAIN**

1. loss of speech or swallow
2. TIA (Mini stroke)
3. Stroke
4. Dementia and Alzheimers

#### **SYMPTOMS AFFECTING THE EXTREMITIES**

1. Leg Pain
2. Wounds that don't heal
3. numbness or weakness

### **WOMEN AND HEART**

1. Emotions
2. Hormones
3. Nutrition
4. Genetics
5. Both the heart and arteries have estrogen receptors

#### **Do you find yourself saying any of the following?**

1. "I don't think it will happen to me"
2. "I don't look like the type of person who would have heart disease"
3. "I feel good"
4. "I'm just stressed out because of work (or family/relationships)"
5. "I'm just feeling anxious, not sure why"
6. "My back hurts because I was lifting and used muscles I don't normally use!"

Weight gain in the abdomen and thighs- this is crucial as a waist circumference of more than 35" is a factor for heart disease.

The following symptoms are downplayed as everyday health issues, however, in reality they are Atypical symptoms and should be addressed:

1. Shortness of breath
2. Sweating
3. Indigestion
4. Anxiety
5. Confusion
6. Neck and Back pain
7. Sometimes, jaw pain

Chronic systemic inflammation is more common in women, which suggests this could cause depositing of plaque on artery walls.

## HAIR ANALYSIS AND HEART HEALTH

No matter who you talk too, no matter what you read, you are responsible for your own health. Does your doctor explain the mineral numbers in blood report?

### Important Rules in Mineral Analysis:

1. A high mineral level is just as serious as low. i.e. Calcium in both conditions, the body cannot properly utilize calcium
2. The longer a mineral is out of balance the longer it takes to balance
3. A given mineral can either raise or lower another mineral; this action, in either direction, may decrease a person's energy.

**Sodium (NA)**

**Potassium (K)**

When the ratio above drops the slightest amount below 2.5 the person begins to experience health issues.

**Calcium (Ca)**

**Magnesium (Mg)**

**> sugar/carb sensitivity ratio**

This is an excellent indicator of glucose sensitivity issues. Even if your glucose isn't high yet- this is a precursor.

**Why do I prefer a hair test over a blood test?** I believe that these are an overall metabolic trend in the body. Blood is a transportation highway system. The job of blood is to keep everything stable- acid, alkaline and levels of nutrients.

The quantities of mineral from blood is a nanogram. Hair analysis is 1000 times larger. An example, LEAD- someone who has lead poisoning has it in their blood for 30 days and then it disappears, is it gone? NO. lead has been removed from blood but is being stored in tissues, hair analysis will show you the exact levels after it has been removed from your blood.

## QUICK TIPS

1. Take care of your emotional heart
2. Nuts and seeds are good for you- if you are having digestive issues, soak the seeds or nuts in pineapple juice (natural/organic) 6-7 grams per day. The higher your level of LDL cholesterol is, the more nuts and seeds you should be consuming. They are high in omega-3's and L-arginine (an amino acid). L-arginine helps to strengthen the artery walls.
3. EAT SUPERFOODS! 10 superfoods: Oats- cooked or raw, Salmon- WILD CAUGHT ONLY, Avocado, Olive Oil, Nuts, Berries, Legumes, Spinach, Flax Seeds
4. Stress- the hearts emotions alone have been known to cause angina. In a test of over 6000 "workaholics" who with heart disease, 60% of them who were dealing with elevated

stress levels due to their job, had a heart attack, compared to those who were not dealing with an elevated level of stress due to work.

5. Sugar- the amount of sugar consumed is directly related to your LDL levels and total cholesterol. the more sugar you consume the higher they will be.
6. Achieving your ideal weight is necessary in order to come off of medications and lower your cholesterol
7. Stay away from stimulants (Diet soda is a BIG NO-NO and can actually raise blood pressure)
8. Sleep- see emotional heart
9. Finances- live below your means, not to cause stress
10. FUN FUN FUN! We only have today so remember this simple equation:

**Compare + Complain + Compete = Confusion**

Confusion is of the enemy for God. God is a God of peace- he is the peace that surpasses all understanding.

**In all things, give thanks with praise and thanksgiving then make your requests known.**

If you are interested in having a full hair analysis completed please schedule an appointment at my office!

**Wellspring Health and Sports Performance**

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