

4 Supplements for Heart Health

OVERALL FOR YOUR HEART

Omega-3 fatty acids (3 g per day) can lower blood pressure and reduce risk of heart disease by 7 % at a dosage of 20 g a week. The fat in omega-3 fatty acids act like a hormone and help to regulate blood pressure, blood sugar levels, and inflammation.

Psyllium or Fiber (10 g a day taken with meals and plenty of water- at least 8 ounces) is a soluble fiber made from the husks of psyllium seeds. In the gut it gloms onto bile acids, which are made with cholesterol. The entire compound is then eliminated. 10 g of psyllium per day taken regularly can lower bad cholesterol by 7 %.

LOWERING BLOOD PRESSURE

CoQ10 (COENZYME Q10) (30 - 300 mg daily taken with) goes into every cell in the body assisting cells to function at their peak. The body makes its own but many conditions can deplete the body's stores and impede the body's ability to make CoQ10. If you have any of these conditions you need a daily supplement.

- CoQ10 reserves dwindle as you age
- Heart disease takes an extra toll on the bodies stores.
- High blood pressure depletes CoQ10 stores, making the heart weaker.
- Statin drugs impede the body's ability to make CoQ10.

L-Carnitine (2-4 g of L-Carnitine daily) is an AMINO ACID that helps turn fat into fuel by pulling fat molecules out of the bloodstream and ushering them into cells where they are burned. Most muscles like to burn sugar, the heart prefers to burn fat. For those with high blood pressure, supplements of Carnitine will help accommodate the increased demand of the heart under stress.