

Arteriosclerosis & Hardening of the Arteries 2.

Compiled by Mark Flanigan.

www.mflanigan.com/health

"Crazy About Nuts."

"Once shunned as a high-fat, high-kilojoule snack, nuts are now staking claim to a reputation as a health food for the heart.

The latest evidence comes from the Physicians' Health Study, a long-term analysis of the diet, health and exercise habits of 22,000 doctors. Researchers at Harvard Medical School found that men who ate a couple of handfuls of nuts (about 50 grams) each week had a 47 percent lower risk of sudden death from cardiac arrest than those who ate nuts less often.

Why are nuts so heart healthy? Researchers say it may have something to do with the fact that they're high in unsaturated fats, magnesium and vitamin E. Munching nuts may also protect against dementia. In a recent study from the Rush Institute in Chicago, scientists found that people who ate a diet rich in vitamin E were less likely to develop Alzheimer's."

Page 85 of 'Australian Reader's Digest', November 2002.

"Challenging the Health Paradigm."

"Let's look at a few genuine health promotion activities. These are very safe, proven and effective ways to actually pro-actively care for our health.

Firstly, consider heart disease, our number one killer. Many Australians take statin drugs, the recognised mainstream way to reduce high cholesterol. A common scenario goes like this: Middle aged Australian male is prescribed statins for high cholesterol. The statins, in blocking the metabolic pathways that make cholesterol, also block the production of an important energy regulator called coenzyme Q10. Low coenzyme Q10 levels cause an increase in blood pressure and a weakening of heart muscle. The long-term prognosis for our patient is not so good.

Instead, if men at risk of heart disease used the CH treatments of an exercise regime, fish oils, plant sterols and dietary changes, high cholesterol could be brought down, gradually and safely, without the side effects of drug therapy. A further question that needs to be asked is: Why do 44% of American cardiologists take vitamins C and E themselves, but only 15% of Australian cardiologists take these vitamins?"

*From the 'National Press Club Telstra Address', by Dr. Ian Brighthope.
Wednesday 4th September 2002.*