



Crow River  
Animal Hospital  
& Dental Clinic

Friday Fun Facts – Number 7:2010

## Melissa Shelton DVM – Natural Heart Health

*Disclaimer: All of the information provided here is intended for educational purposes. The information is not intended to diagnose, treat, or prescribe for any illness. Please seek the advice of a qualified health care professional in your area of concern if you or your pets have a health challenge.*

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We all know someone with some type of heart challenge, whether it is heart disease, clogged arteries, high blood pressure, or high cholesterol. So many people are on Lipitor, it is getting handed out like M & M's.

Here is how Naturopathic Doctors effectively treat and prevent the most common heart conditions naturally and without side effects.

Here is what a Healthy Heart needs:

Vitamin A, C, and Bioflavonoids

Vitamin B6, B12

Vitamin E

Taurine

L-Carnitine

CoQ10

Minerals – Calcium, Magnesium, Zinc, Copper

Herbals that support a healthy heart: Wolfberry (Ningxia Red),  
Rhododendron, Hawthorn Berry

Essential Oils that support a healthy heart: Aroma Life Blend, Ylang  
Ylang, Cypress, Helichrysum, Marjoram, Lemon

Young Living Supplements for a healthy heart: CardioCare, HRT Heart  
Tincture, Omega Blues, and the digestive enzyme that fits your  
individual need

Standard Process Supplements: Catalyn, Vasculin, Cardio-Plus, Cataplex  
E2, Hawthorn, Multizyme or other digestive enzyme

These are a list of all of the things that benefit the heart. Some of the supplements supply multiple layers of care. Like the CardioCare from Young Living contains Rhododendron, Wolfberry, Magnesium, Hawthorn, CoQ10, Vitamin E and Essential Oils. Certainly, you don't need to take all of the supplements – but we should strive to get most of the individual components to make sure we have the best chances of keeping our heart healthy.

The most important part that I see in supplements is that people will go to Target, look on the shelves, and pick the cheapest bottle of Vitamin B or CoQ10

that they can – and think that they are getting something that will help them. If it didn't work – it wouldn't be available to purchase, right? WRONG!! Vitamins are one of the most poorly controlled agents out there. They are almost always synthetic in nature, and never contain the full complex of any vitamin. Centrum keeps adding “new” vitamins all the time. Guess what, if you had a whole food supplement like True Source from Young Living or Catalyn from Standard Process – that “new” vitamin would have already been in there! That is the glory of food. It has un-discovered glory within it already. Just because science hasn't mapped out a certain chemical nutrient within a food, does not mean that it isn't in the food. But, it does mean that it is NOT in your Centrum!

The other thing about synthetic vitamins – is that they are never the entire complex of the vitamin. Think about a Vitamin B Complex. We hear about B6, B12, etc... however, what about B1, B2, B3,... These “other B's” are present in the foods containing B Vitamins, but they are not in a synthetic vitamin. When our body does not receive the entire complex – we start to leach the other components from our own body to complete the vitamin complex. The complex is how nature created vitamin B to exist – it is the natural state, and nature always wants to conserve the natural forms. So eventually, by taking a synthetic Vitamin B – you will deplete your body in all of the other B components that are not found in that synthetic supplement.

So scrap the Centrum, and make sure you get on a whole food multi vitamin of good reputation. It should be cold processed and never heated. Standard Process is by far my favorite source of whole food supplements due to their vast range of supplements directed toward specific issues – for people and pets. They also have very high quality herbal supplements.

Standard Process Protocol for Healthy Heart Maintenance: Catalyn, Cardio-Plus, and A-F Betafood.

**Here is what the individual components do for our heart:**

- Vitamins A, C, and Bioflavonoid: nutrients for the endothelium of the blood vessels. Anti-oxidant.
- Vitamin B6: needed for conduction of the nervous system of the heart, helps mineral function (like copper and zinc)
- Vitamin B12: aids in hemoglobin and red blood cell formation, prevents anemia
- Vitamin E: helps with muscle strength and contraction of the heart
- Taurine: an amino acid that strengthens the heart muscle, stabilizes rhythm, anti-oxidant, calming, lowers blood pressure, acts as a natural diuretic, good for insulin resistance, helps with bile fluidity
- L-Carnitine: fatty acid that is the hearts preferred food / fuel, repairs and limits heart damage, works at the mitochondrial level. Lowers triglycerides, helps with blood pressure and cholesterol issues, helps with heart rate and rhythm, crosses the blood brain barrier
- CoQ10: important nutrient for contraction and contractile strength
- Calcium: helps heart muscle contract

- Magnesium: relaxes muscles and vessels, a natural Calcium Channel Blocker
- Zinc: very important in all enzymatic pathways. Enzymes are important in ALL actions of the body. Helps connective tissue heal and repair.
- Copper: metabolizes fat, maintains elasticity of blood vessels, helps form elastin
- Wolfberry: in Ningxia Red, contains the most complete set of Amino Acids of any food type. Amino Acids are the protein building blocks for heart muscle. Helps with enzymes, metabolism, and oxygen utilization.
- Rhododendron: contains phenopropanoids which help the circulatory system in many ways
- Hawthorn: helps rebuild health after a heart attack, good for arrhythmias, angina, increases the effectiveness of Beta Blockers – which shows that with its use, the heart is getting stronger. Contains vitamin C, B Complex, and Flavonoids. It is a form of energy for the heart. It is also shown to be cardio-protective.
- Aroma Life: a blend of essential oils specifically designed for the heart. Although some of the actions of the oils sound daunting – remember oils only bring the body into homeostasis – if diuretic action is not needed, it will not be expressed. It contains the following oils:
  - Ylang Ylang – supports heart function and circulation, decreases blood pressure by dilating vessels, esters calm the heart, in Traditional Chinese Medicine it is a good “balancer”.
  - Cypress – supports circulation, is an astringent, vasoconstricts, diuretic, affects lipid parameters.
  - Helichrysum – lowers cholesterol, helps regulate cholesterol, anti-inflammatory, anti-oxidant, stimulates liver function, decreases pain
  - Marjoram – helps regenerate smooth muscle (heart muscle), vasodilator, good for all muscle tissue
  - Lemon – decreases platelet stickiness, improves blood flow

So what do we do for an unhealthy heart?

**High Cholesterol:** Cholesterol is very important in our body. It is in every cell membrane, in your brain, in adrenal and gonadal hormones. It aids in nerve function and is found within the myelin sheath that surrounds and insulates our nerves, improving conductivity and communication. EVERY cell in our body has cholesterol in it. We actually need cholesterol to help our body heal, and we need it to break down bile and actually get rid of excess cholesterol in our body.

Lowering cholesterol levels has not been proven to decrease deaths from heart attacks.

When damage occurs to an arterial wall, cholesterol forms to help protect it. The plaques of cholesterol form to heal and patch the inflammation and

damage already occurring to the vessel. We have to address the primary cause of the damage, instead of just trying to get rid of the cholesterol.

Statin drugs inhibit HMG CoA reductase, which is an enzyme within the cholesterol formation pathway. However, this inhibition, also affects other pathways. One that is also shut off is the formation of CoQ10. Side effects of statin drugs include muscle and joint pain and liver problems.

If you are on a statin drug – it is extremely important to take a CoQ10 supplement. Lacking this nutrient can affect hormones, inhibit formation of fat soluble vitamins and lead to malnutrition.

Naturopathic Doctors treat High Cholesterol like this:

Use all of the things for a Healthy Heart – and add:

- Control inflammation and increase oxygenation to the heart: Essential oils of Lemon, DiGize, Thieves, Celery Seed, Fennel can help.
- Decrease Dietary Sugars and Carbohydrates – linked to excess lactic acid formation and inflammation in general.
- Enzymes – pancreatic support with digestive enzymes. Since we need enzymes for every process in our body, when we don't eat raw foods, we are constantly depleting our body of enzymes. We all need a source of enzymes in our diet – regardless of health.
- Apple Cider Vinegar – helps with so many things, but especially reduces lactic acid build up – lactic acid is found to be in the plaques of blood vessels more than cholesterol.
- Whole Foods Multivitamin – True Source or Catalyn
- HRT Heart Tincture from Young Living
- Copper – shown to increase good cholesterol (HDL) and decrease bad cholesterol (LDL). Best from a whole food source.
- Globe Artichoke – lower triglycerides, supports gall bladder function, and decreases fatty liver deposits. Standard Process.
- Garlic – decreases triglycerides, prevents clotting. Standard Process.

For those interested in lowering numbers (perhaps to prove to your physician that natural remedies can work) – make sure to get copper, globe artichoke, and garlic for sure.

- Standard Process Whole Foods Protocol: Catalyn, Cholaplex, Black Current Seed Oil, Linum B6, Garlic, Globe Artichoke, Hawthorn

**Heart Attack, Angina:** Both are due to inadequate blood supply to the heart. Prolonged decreased blood flow, causes damage to the heart. Nutritional deficiencies, stress, toxins, smoking, trans-fats, arteriosclerosis, coronary spasms, hormone imbalances, Birth Control pills, hypertension, and over exertion are predisposing factors for these conditions.

Traditionally, medicine focuses on increasing oxygenation and stopping clot formation. Angina is typically treated with Nitroglycerin which is a vasodilator that increases blood flow to the heart. Aspirin is given as a thrombolytic agent

to prevent blood clots. Beta Blockers decrease contraction and heart rate, reducing the oxygen needs of the heart.

Naturopathic Doctors treat it this way:  
Use the things for a healthy heart and add:

- Inflammation of the blood vessels causes blood to clot, damaging the endothelium. Use Wintergreen and/or Longevity Essential Oils to control inflammation.
- Enzymes break up fatty deposits in arteries. Lipozyme, Essentialzyme, Detoxzyme by Young Living. Lact-Enz, Multizyme by Standard Process. DiGize is also a complementary essential oil blend to add to this process.
- All of our bodily functions work with minerals. Mineral Essence by Young Living or Trace Minerals B12 by Standard Process provides trace minerals vital to healthy function.
- Omega 3 fatty acids are anti-inflammatory and are natural blood thinners. Omega Blues by Young Living or Tuna Omega 3's by Standard Process.
- Nutrients – B Vitamins, Vitamins A, C, E, Calcium, Magnesium, Zinc, Copper, Folic Acid, Taurine, L-Carnitine, CoQ10. CardiaCare and HRT Tincture by Young Living or Cardio-Plus and Cataplex E2 from Standard Process.
- Essential Oils – Angelica, Clove and Wintergreen contain natural Coumarins, a safe form of blood thinners.
- Essential Oils for Heart Attack: Cypress for circulation, Helichrysum to break up plaques, Goldenrod is good for liver congestion and hypertension.
- Turmeric – is heart protective, anti-inflammatory and so much more.

If you are already on blood thinning agents – adding too many Omega 3 fish oils can add to the effects of the synthetic blood thinners.

**Stroke:** This occurs when blood supply does not get to the brain due to a blood clot. This is similar to a heart attack, but just in the brain. Basically we would use the same heart protocol as for the Heart Attack, and add.

- Essential Oils high in sesquiterpenes – these oxygenate the brain. Oils high in sesquiterpenes are Cedarwood, Myrrh, Frankincense, and Sandlewood.
- Essential Oils for Anti-Inflammatory action – Clove, Longevity Blend.

**Aneurysm:** This condition is a bulging of the vessel wall of the Aorta. Ascending aneurysm is the most common, and often results in pain. Often there will be different blood pressures and pulses on the right versus left side of the body. Descending aneurysms generally give stroke symptoms. Abdominal aneurysms create radiating pain to the back. Generally doctors press on your stomach and ask you to breath outward, checking to see if they can feel a pulse in the aorta. This type of aneurysm is very bad.

Aneurysms are caused by a deficiency in the muscular layer of the aorta, arteriosclerosis, hypertension, and general inflammation of the vessel. Fungal infections causing inflammation have also been linked to aneurysms.

Traditional medicine aims at preventing rupture. With small to medium aneurysms - 0-5.5 cm in size – they take a watch and wait approach. Decreasing pressure on the aorta by decreasing heart contraction with Beta Blockers is also used. Larger aneurysms are approached with surgical grafts to repair the vessel.

Naturopathic Doctors approach aneurysms in this way:

There is a copper and Vitamin C deficiency, as these nutrients strengthen muscular walls.

- Treat the cause of inflammation.
- Trace Minerals – Mineral Essence or Trace Minerals B12
- Whole Food Supplements – True Source or Catalyn
- Vitamin C Supplements – Super C or Cataplex C
- Balance Complete, L-Carnitine, Taurine

Standard Process protocol for Aneurysms: Catalyn, Cyruta Plus, Cardio-Plus, Cataplex F, Hawthorn, Bilberry, Vitanox

- I would also add digestive enzymes into every support protocol. If you can't digest your food or supplements, you can't use them.

**Congestive Heart Failure:** This is really a syndrome not a disease. The heart can't pump enough blood to meet the body's needs. Left sided heart failure results in pulmonary symptoms – wheezing, coughing, blue extremities, fatigue and arrhythmias. Right Sided heart failure results in a back up of blood flow peripherally resulting in edema, enlarged spleen/liver, nausea/vomiting, dizziness.

Traditionally Heart Failure is treated with life style changes; decreasing salt, exercise, diuretics, Beta Blockers – all get rid of excess fluid and decrease the workload on the heart. Surgery is also used; bypass, angioplasty, pacemakers.

Naturopathic Doctors encourage the healthy heart protocol as well as balancing arrhythmias and doing the cholesterol protocol to keep arteries clear.

- Keep circulation healthy – don't sit for long periods of time, move around. Exercise with a good lifestyle.

Standard Process protocol for Congestive Heart Failure: Catalyn, Cardio-Plus, Vasculin, Livaplex, Calcium Lactate, Protefood, Organically Bound Minerals, Hawthorn, Rhodiola & Ginseng, Coleus, Korean Ginseng

- And of course, sounding like a broken record, I would add a digestive enzyme to every protocol.

**Varicose Veins:** This condition requires all of the healthy heart nutrients. Bioflavonoid and fish oils help circulation and decrease inflammation. Cleansing the liver can help tremendously. Thyroid function should be assessed as there is a connection with liver and thyroid function.

- Cel-Lite Magic massage oil by Young Living is phenomenal.
- Omega Blues by Young Living or Tuna Omega's by Standard Process.

Standard Process protocol for varicose veins: Catalyn, Collinsonia Root, Cyruta Plus, AF Betafood, Cataplex ACP, Echinacea Premium, Andrographis Complex, Cat's Claw Complex.

- Digestive Enzymes

**Arrhythmias:** We depend on the nervous system to stimulate heart rate and set functions. All blood vessels have nerves. A healthy heart needs healthy vessels and muscles – but it also requires a healthy neurologic system.

Causes of arrhythmias can include nutrition, prescription drugs, subluxations, toxins, adrenal gland issues, thyroid issues, heart damage, stimulants, hypertension, food allergies, other heart conditions, basically ANYTHING...

Signs and symptoms include palpitations, chest pains, light headed, shortness of breath or even no symptoms. Many people are asymptomatic.

Traditional medicine treats Tachycardia (fast heart rate) with;

- Vagal reflexes (squat and pretend like you have to poop ☺)
- Medications - Beta Blockers, ACE inhibitors
- Cardio Conversions - shock you with the paddles – CLEAR!
- Cardio Ablation – burn, freeze or laser the nervous system pathway of the heart, hopefully only destroying abnormal tissues.
- Pacemaker

Naturopathic Doctors treat it in this way:

- Healthy Heart Protocol – plus...
- Nutrients – magnesium, potassium, calcium – important for nerve and muscle communication
- Whole Food Supplement and Trace Minerals
- Cardiac Specific Supplements (CardiaCare, HRT, CardioPlus)
- Essential Oils – Aroma Life, Ylang Ylang, Lavender, Rutavala, Palo Santo, Joy, Peace & Calming, Relaxation Massage Oil.

Some of the blends contain oils with specific benefits: Palma Rosa oil in Joy enhances the heart and nervous system in general. Geranium stimulates nerves.

Peace & Calming contains Tangerine and Orange which lower stress and anxiety. Patchouli has sesquiterpenes which can cross the Blood Brain Barrier and effects calming. Blue Tansy is good for inflammation and the liver.

Relaxation Massage Oil – many oils are contained in it with great benefits, but people just need to relax and take care of themselves as well. This will help to calm the nervous system.

Standard Process Protocol: Catalyn, Cardio-Plus, Cataplex B for slow heart rhythm, Cataplex G for rapid heart beat, Organically Bound Minerals, Cataplex F, Hawthorn, Rhodiola & Ginseng, Motherwort

- And the ever popular digestive enzymes (can you tell these are important yet?).

**Valvular Disease:** Approach a healthy heart protocol, but also add anti-microbial essential oils to prevent infections. Clots and bacteria can set up camp on damaged heart valves very easily. This is one reason that people with heart disease are placed on antibiotics prior to having their teeth cleaned.

**Hypertension:** This is by far the most common condition in the US today. Generally diagnosed at over 140/90 – primary hypertension is 90% of the diagnoses. Primary Hypertension means there is a problem in the heart, but we don't know why usually. 2-10% of the other cases are linked to renal disease or birth control pills.

Causes of hypertension include; dehydration, magnesium deficiency (which can be caused by diuretic therapy), vitamin/mineral deficiency, stress, arteriosclerosis, White Coat syndrome, Insulin Resistance, stimulants.

Risk factors include; obesity, diabetes, sedentary lifestyle, stress, alcohol, smoking, common table salt use.

Signs include; headache, dizziness, shortness of breath, nausea, vomiting, vision disturbances, muscle imbalances, weakness. If you have high blood pressure and these “warning signs of a stroke” – see a doctor ASAP – these are not good!

Table Salt – common table salt is synthetic sodium chloride. Although they add iodine to it, it is completely devoid of minerals. Celtic Sea Salt is a better choice for people with high blood pressure because it contains minerals like potassium and magnesium to balance out the sodium.

Traditional therapy includes: Weight loss, stopping smoking, exercise, and dietary changes. DASH is the Dietary Approach to Stop Hypertension – it is fruits, veggies, decreased fat, and decreased sodium (1 teaspoon a day, which is hard to do). Most people do not do the lifestyle or diet changes.

- Diuretics - decrease pressure to the heart, by decreasing flow to the heart. Side effects of diuretics are cramping, dizziness, arrhythmias, and weakness.
- ACE Inhibitors - dilate arteries to help the heart work less by making it easier to pump the blood. Side effects of ACE Inhibitors include

- dizziness, metal taste in the mouth, rashes, swelling, kidney failure, vomiting, diarrhea.
- Beta Blockers – decrease the work of the heart by affecting the sympathetic nervous system. This decreases the need for blood and oxygen by the heart. Side effects are dizziness, sexual problems, sleep problems, fatigue, shortness of breath, cold hands and feet.
  - Calcium Channel Blockers – these control the flow of calcium in and out of the heart. They widen arteries making it easier for the heart to pump blood, and the heart has less pressure on it. They also slow down the heart to decrease pressures. Side effects include dizziness, fatigue, constipation, dry mouth, arrhythmias, headache, nausea, rash, edema.

Naturopathic Doctors look at; hydration, stress levels, other medications, lifestyle, adrenal health, stimulants, blood sugar imbalances, blood sugar-cortisol responses, and the cortisol-insulin link.

- Follow the Healthy Heart Regimen and add;
- Nutrients and Minerals
- CardiaCare, HRT Tincture, AromaLife, Peace & Calming, Joy, Ylang Ylang
- Wintergreen Essential Oil – contains a high level of Methyl Salicylate – which is a natural cortisone without side effects. Wintergreen helps with inflammation underlying ANY disease, making it good for cholesterol, diabetes, arteriosclerosis. Wintergreen oil acts as an anti-coagulant. If you are on a blood anticoagulant already – watch how much Wintergreen you use. It can potentiate the effects of a synthetic anticoagulant. Wintergreen Essential Oil will dilate blood vessels, decrease pain, decrease inflammation, decrease blood pressure – Wintergreen is good for any heart issue.
- Spruce Essential Oil – also high in Methyl Salicylate and Sesquiterpenes.

I hope you all received some valuable information to keep your heart, and the heart of your loved ones healthy today. Let's not wait until we have a problem to fix. Getting on a good nutritional program early, could prevent heart disease, which is ideal.

In an effort to document more essential oil case studies in animals – I am offering free consultations (a \$50 value) for those enrolled under our sponsorship in Young Living (customer or distributor). In exchange for the consultation, you must maintain good treatment records, take pictures when indicated, and maintain a little "diary" documenting responses along the way. I hope this won't be a limited time offer – but I would recommend you take advantage of it soon. When spring hits – I usually have much less time!

As always, I hope you enjoy these tidbits! I certainly enjoy putting them together – and hope you can all start to appreciate my weird sense of humor. I have really enjoying emailing back and forth with everyone – and LOVE learning from all of you as well – keep it coming!! Nature gave us the gift of

healing. Providing our bodies the nutrients and care required to heal, lies in our own actions.

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