

# Red Clover MARKET

*Essentials for Healthy Living*

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## Cardio + Vascular = Lifelong Health

By Michael Hennessy



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When we think about cardiovascular health, we immediately focus in on the heart. The heart keeps everything running. Yet, cardiovascular health only begins with the heart. Included in the term "cardio" is the vast network of circulation defined by our "vascular" system. Both components of this system, cardio and vascular, need to be maintained for optimal health and vitality.

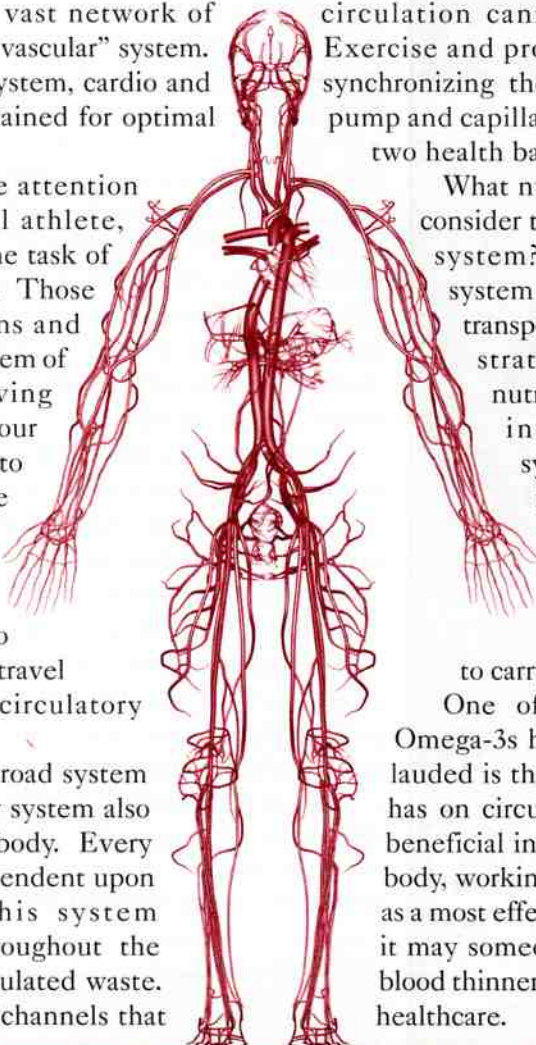
The heart gets all the attention unfairly. It is the eternal athlete, grappling with the awesome task of pumping blood endlessly. Those tiny filaments of the veins and capillaries, the roadway system of roots that carry life-giving nutrition to every cell in our body, could never live up to the stature and prominence the heart commands. Yet, every part of the system needs the other. Let's shift our focus this time to optimizing the purposeful travel of nutrients around the circulatory system.

More than merely the road system of our body, the circulatory system also feeds and cleanses the body. Every organ, gland and cell is dependent upon the performance of this system transporting nutrients throughout the body and removing accumulated waste. The term vascular means 'channels that

transport' these fluids of nutrition and waste. Remember that atherosclerosis and arteriosclerosis are both considered diseases of the blood vessels, so attention to good circulation cannot be underestimated. Exercise and proper rest are keystones to synchronizing the body functions of heart pump and capillary flow. Don't ignore these two health basics.

What nutritional protocols can one consider to strengthen the circulatory system? A sluggish circulatory system is clearly less effective in transporting nutrients, so a primary strategy would be to include nutrients, foods and herbs that invigorate this transport system. Enzyme-rich foods, fresh organic vegetables, fruits and plenty of good water are primary to making sure that the blood has ample nutrients to carry near and far in the body.

One of the many reasons that Omega-3s have become so universally lauded is the profound effect that EPA has on circulatory function. EPA is so beneficial in aiding nutrient flow in the body, working in conjunction with DHA as a most effective anti-inflammatory, that it may someday replace pharmaceutical blood thinners in all types of preventative healthcare.



*Exercise and proper rest are keystones to synchronizing the body functions of heart pump and capillary flow.*

# Developing Healthy Habits

A newsletter with your health in mind

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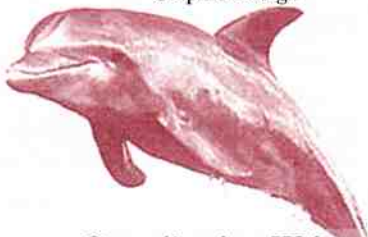
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Herbs offer nutritional support, including plentiful natural cofactors that promote circulatory integrity. Foremost is the versatile food, garlic. Garlic has valid research supporting its function in reducing cholesterol and benefitting the overall circulatory system.

The vascular system is instrumental in feeding and cleaning the body, and is also linked in function to the immune system. Herbal food choices are therefore cost effective, working on many levels of health simultaneously. Herbs are plants that have evolved complex immune systems themselves. The factors that have helped the plant survive in its environment are proving in scientific analysis to optimize our human immune systems as well. Look to plants as the best foods for body systems balance.

Choose wisely from those herbal plant foods considered safe to take daily. All berries safe for human consumption benefit the circulatory system. A rotation of bilberry, grape seed, blueberry, cranberry and the pine bark extract pycnogenol are all reliable nutrients elemental to cardiovascular strength. The research on hawthorn's support for heart muscle and vascular strength and elasticity is well-documented. Hawthorn also balances heart rhythm and is beneficial on an emotional level as well. Green foods and sprouted foods are equally beneficial to the circulation equation.

Since stress is the culprit in heart and circulatory degradation, learn those herbs that have an adaptogenic effect on the body's response mechanisms. Adaptogens are considered safe for daily use, bring energy, reduce stress and therefore negate the killer effects of stress. Consider eleuthero, rhodiola, holy basil, chyvanprash, shatavari as smart herbs to rotate in your diet.

Quality protein choices are elemental to muscle and tissue strength, so whey or soy protein drinks make a smart breakfast choice


or dieting meal-replacement. Whenever one is thinking about heart health and energy, the health triumvirate of CoQ10, l-carnitine and alpha lipoic acid should be included in the discussion. Each is integral to heart cell health, energy production and efficient energy utilization.

CoQ10 is so important to the rigorous work of the heart that it should be a necessary staple for everyone. As the newly available ubiquinol form of CoQ10 becomes more understood by clinicians, we shall see even greater results in medical use and preventative health care.

Basic supplements like Vitamins E and C should never be underestimated for circulatory strength and resiliency. Consider a mixed tocopherol Vitamin-E with sufficient gamma tocopherols, and look for a Vitamin C with a full complement of bioflavonoids. Ascorbyl palmitate is a fat soluble Vitamin C used in conjunction with other antioxidants in situations of excess fat accumulation.

Plant sterols have been receiving a lot of press recently as safe and effective methods to control high dietary cholesterol, and they are certainly beneficial. Using strategies that increase liver efficiency, adding a digestive enzyme supplement and making a concerted effort to eat appropriately may indeed attain the same results.

While the issue of cholesterol and its role as an indicator of heart disease has become controversial, there is no disagreement that heightened levels of blood serum homocysteine indicate high risk concerns for cardiovascular disease. It is therefore wise to include adequate amounts of B6, B12 and folic acid in the diet.

The body is an amazing system, kept together by our circulatory system. Strengthen and support it, and the body has its greatest opportunity to function optimally. Health and homeostasis demand a strong circulatory system. 

## Bio:

Michael Hennessey is president and owner of Blue Moose Consulting, a brokerage firm representing 12 nutritional supplement and bodycare companies. He has worked in the natural foods industry as a retailer and educator since 1981.

