



Latest heart health news

When it comes to heart health you can't afford to be complacent. You need to proactively look after your heart. Here we look at new research that sheds some light on why aged garlic extract and vitamin K2 may be of hearty benefit.

Take the pressure down!

According to results of the recent Australian National Health Survey, 70 per cent of Australians with high blood pressure don't know they have it! It's a pretty scary statistic when you think about it. That members of your family, your work colleagues or your best mate or their partner may be at risk of a heart attack or stroke (two conditions linked to high blood pressure) without even knowing it. Taking care of your heart should be top of mind for all adults no matter what your age.

Can you feel it?

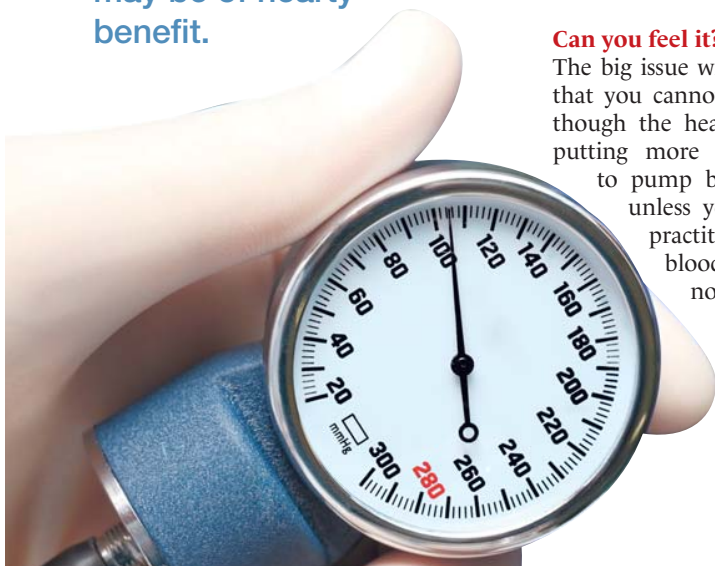
The big issue with high blood pressure is that you cannot 'feel' you have it. Even though the heart and blood vessels are putting more pressure on your heart to pump blood around your body, unless your doctor or healthcare practitioner measures your blood pressure, you will have no idea whether it is high, low or if it is considered to be normal. This inability to 'feel' whether you have high blood pressure, means

you pay less attention to it, and monitor it less. Unfortunately, the longer blood pressure stays high without being checked, the more damage it can do to your heart and blood vessels and cause extra damage that may lead to blocked arteries and clots forming.

When supporting the health of the heart and blood vessels, it's important to take medications as prescribed by your doctor and natural health practitioner. Along with your medications and supplements, you may like to consider new research, from the University of California in Los Angeles, which shows aged garlic extract benefits the blood vessels by reducing the formation of damaging plaque as it develops in its early stages.

Protect your blood vessels with aged garlic extract


Aged garlic extract made from organic garlic bulbs is aged for up to 20 months to reduce its odour and increase its potency and therapeutic activity. Also studied by Australian scientists for its benefit in reducing blood pressure, aged garlic extract has been found to have no known interactions with standard heart and blood pressure medications.



Statin update

Statins are often prescribed to lower LDL cholesterol levels and their use has been on the rise over the last few decades. It's known that statins deplete coenzyme Q10 (CoQ10) levels in the body and as a result more practitioners are responding by co-prescribing CoQ10 supplements. CoQ10 acts to promote effective energy production in the heart musculature while protecting against oxidative stress.

A study recently published in *Expert Review of Clinical Pharmacology* states that statins may have negative effects on the heart and blood vessels not only via the depletion of CoQ10, but also by inhibiting the synthesis of vitamin K2.

Leading Sydney cardiologist Dr Ross Walker explains that “there is a particular protein known as matrix-gla-protein (MGP) which is one of the proteins that reduces vascular calcification. It has been shown that vitamin K2 is a vital factor in the normal functioning of MGP. Laboratory studies have clearly demonstrated that MGP deficiency leads to heavy calcification of the aorta, leading to early death. For this reason alone vitamin K2 should be considered as a legitimate means to protect against calcification or hardening of the arteries.” To add weight to that theory, a recent large study looked at just over 4,800 elderly subjects and found that those who had the lowest intake of dietary vitamin K2 had the highest rates of cardiovascular death and aortic calcification. Dr Walker adds that, “The studies to date show that vitamin K2 is extremely safe and thankfully does not promote abnormal blood clotting.” 

Proactive steps to look after your heart



- Monitor your heart regularly, with the help of your chosen healthcare practitioner
- When necessary, take your medications and supplements as recommended
- Ditch sodium-laden processed foods and choose fresh, raw wholesome foods instead
- Consider aged garlic extract and vitamin K2 to support the health of your heart and blood vessels
- If taking statin medication, consult with your health practitioner for individualised advice on the benefit of CoQ10 and vitamin K2 supplements.



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