

Why is February the designated Heart Month? Besides the obvious, quite a few Americans need a strong heart this month as they compile their income tax returns and discover that they did not withhold enough last year. We probably did not eat the best over the last few months and the levels of nutrients for proper cardiac function may be depleted.

This month is a great time to introduce another even more important supplement for the heart: CoQ10.

Two of the most cardio-protective supplements are Carnitine and CoQ10 (or Ubiquinol). A 6 year old study {1} indicated: There is evidence that both carnitine and CoQ10 are deficient in patients with congestive heart failure, in association with increased pro-inflammatory components. Why wait? One of the themes of the alternative world is to prevent a disease, and it is less of a burden on everyone around you and yourself to not have to be medicated and change your life to spend all your time getting healthy. Another great cardiac point mentioned by a research article abstract {2} from 2008 is: The improvement in plasma CoQ10 levels is correlated with both clinical improvement and improvement in measurement of left ventricular function.

CoQ10, is a coenzyme produced by the body. A coenzyme is a non-protein organic substance that usually contains a vitamin or mineral and combines with a specific protein to form an active enzyme system which completes a specific function in the body. As a coenzyme, it assists other enzymes in performing their functions and it plays an essential role in the production of ATP (or energy) which occurs in every cell in our body. Our bodies produce the majority of CoQ10, but the rest must come from our diets. Every cell in the body uses this enzyme; maintaining adequate levels sustains healthy energy. The richest sources of CoQ10 in our diet come from beef, poultry and fish, but eating right is not a guarantee of adequate amounts of CoQ10. This is one of the most important substance that you can supplement for proper heart function.

If your body is depleted of CoQ10, you may suffer from fatigue, muscle weakness and soreness, and eventually heart failure. If you take statin drugs (which will block the bodies production of CoQ10) or you are over the age of 40 you should take CoQ10.

Other considerations for a normal cardiac function are maintaining the integrity of the circulatory system. 'Cause if the pipes are clogged or squeezed, the pump works harder. This is done first and foremost with the proper diet and additionally with proper supplementation. An example is illustrated in the following abstract {4} title: "Aged garlic extract supplemented with B vitamins, folic acid and L-arginine retards the progression of subclinical atherosclerosis: a randomized clinical trial".

Also, this month is deep into the winter season and our bodies have had less sun exposure, thus resulting in depleted levels of Vitamin D, unless of course we have been supplementing with the correct form of the vitamin. The health benefits from Vitamin D are numerous: Flu,

Just read the title of this abstract {3}: "Vitamin D deficiency is a predictor of reduced survival in patients with heart failure; vitamin D supplementation improves outcome".

I bet you did not know that about Vitamin D.

Natural Care Chiropractic has the ability to help you with your diet and supplementation needs. Specifically this month we can evaluate your cardiac needs and recommend proper diet and supplementation including minerals, homeopathic remedies and herbal formulations so that you will be at optimal function. We have a Registered Dietician available to counsel you on proper nutrition. We can determine if you have underlying issues preventing you from attaining your maximum health.

1. "Effect of carnitine Q-gel (ubiquinol and carnitine) on cytokines in patients with heart failure in the Tishcon study". Abstract Source: Acta Cardiol. 2007 Aug;62(4):349-54. PMID: [17824295](#) Abstract Author(s): Adarsh Kumar, Ram B Singh, Manoj Saxena, Mohammad A Niaz, Shashank R Josh, Pronobesh Chattopadhyay, Viola Mechirova, Daniel Pella, Jan Fedacko
2. "Supplemental ubiquinol in patients with advanced congestive heart failure". Abstract Source: Biofactors. 2008;32(1-4):119-28. PMID: [19096107](#) Abstract Author(s): Peter H Langsjoen, Alena M Langsjoen Article Affiliation: East Texas Medical Center and Trinity Mother Francis Hospital, TX, USA. alilangsjoen@cs.com
3. "Vitamin D deficiency is a predictor of reduced survival in patients with heart failure; vitamin D supplementation improves outcome". Abstract Source: Eur J Heart Fail. 2012 Feb 3. Epub 2012 Feb 3. PMID: [22308011](#) Abstract Author(s): Israel Gotsman, Ayelet Shauer, Donna R Zwas, Yaron Hellman, Andre Keren, Chaim Lotan, Dan Admon Article Affiliation: Heart Institute, Hadassah University Hospital, POB 12000, Jerusalem, Israel IL-91120.
4. "Aged garlic extract supplemented with B vitamins, folic acid and L-arginine retards the progression of subclinical atherosclerosis: a randomized clinical trial". Abstract Source: Breast Cancer Res Treat. 2004 Feb;83(3):221-31. PMID: [19573556](#) Abstract Author(s): Matthew J Budoff, Naser Ahmadi, Khawar M Gul, Sandy T Liu, Ferdinand R Flores, Jima Tiano, Junichiro Takasu, Elizabeth Miller, Sotirios Tsimikas Article Affiliation: Division of Cardiology, Los Angeles Biomedical Research Institute at Harbor-UCLA, Torrance, CA, USA. MBudoff@labiomed.org