

## **Dr. Rashidi Nutritional Support Recommendations II**

### **HEART HEALTH**

**DIET:** Should include lots of fresh fruits and vegetables. Garlic and onions help lower BP. Avoid excess salt, sugar, fats, caffeine and alcohol. Drink enough water daily.

**VESSELCARE:** Prevents buildup of homocysteine that can lead to heart attack

**ARGININE PLUS:** Amino acids Arginine, Citrulline and Taurine, are important for healthy levels of nitric oxide to relax and repair blood vessel endothelium, which regulates blood pressure and cholesterol plaque build-up.

**COENZYME Q 10:** Coenzyme Q 10 protects the heart, increases efficiency of tissue oxygen delivery and improves circulation. It also reduces gingivitis, a newly recognized risk factor in heart disease.

**CARDIOGENICS:** Important for regulating heart rhythm and blood pressure. Also includes selenium, shown to reduce heart attack risk.

**ULTRAPOTENT C** 1 –2 twice daily. Vitamin C is important to keep heart valves healthy, and also important to dental health, where it reduces the risk of low grade infections which cause inflammation that promotes clotting problems, leading to stroke and heart attack, two important complications of hypertension.

**VASOTENSIN:** With bonitopeptides, effective natural compound from fish with ace inhibitor properties to help control blood pressure.

**EPA-DHA 720 OMEGA 3 FISH OIL:** Helps reduce risk of sudden death heart attacks caused by arrhythmias, lowers blood pressure, cholesterol, and triglycerides; reduces hs-CRP levels( i.e. inflammation) to lower the risk of blood clots.

**LIPOTAIN:** 2 to 4 tablets at bedtime help to lower cholesterol and triglyceride levels, and will help raise HDL (good) cholesterol, and decreases (bad) Lpa and hs-CRP levels