



**Holistic  
Medical Centre**  
Best of both worlds

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## Latest research - Cardiovascular health

At the moment there is a great deal of research going on in the area of the specific nutritional needs of heart patients. We are going to do a series of newsletters on specific nutrients that are proving very useful in this area of health. This newsletter is on magnesium orotate.

Because magnesium orotate is not very soluble in water, it does not separate in the gut and so does not cause diarrhoea, as is common with most other magnesium supplements. Instead, it delivers magnesium directly to the cells that need it most. Thus smaller quantities of elemental magnesium are required to achieve the benefits. The clinical effects of magnesium orotate include: improved survival of heart tissue damaged by oxygen starvation. Other benefits include: reduction of premature heartbeats, an increase in exercise capacity, inhibition of calcification of damaged heart tissue as well as promoting repair of damaged heart tissue.

**Heart attacks and ischaemia**  
The orotic acid part of magnesium orotate helps to kick-start the synthesis of the proteins in the heart assist in the repair of damaged heart tissue from heart attacks. Magnesium orotate improves the survival of cells situated within or near areas in the heart that have been damaged. This aids in recovery from a heart attack as well as preventing further attacks.

Magnesium orotate also supplies much needed energy to an oxygen-starved heart by stimulating the production of energy in the heart via a pathway that does not require oxygen. **Arrhythmias.** The improvements in ectopic and premature heart beats in magnesium orotate-supplemented patients with cardiac insufficiency or following bypass surgery has led to the suggestion that it should be added to classical anti-ischaemic therapy in the complex management of coronary patients after coronary artery bypass grafts. **Atherosclerosis.** Magnesium orotate can lower LDL and increase HDL cholesterol, and assist with the prevention of the formation of plaques inside the arteries associated with atherosclerosis. Both orotic acid and magnesium orotate therapy have been shown to

prevent and reduce arteriosclerosis in animals. Other changes include reduction of damage to the heart muscle - especially calcification of soft tissue. Another beneficial action is electrical stabilisation of the heart. **Exercise tolerance.** Magnesium orotate improves the function of the left side of the heart which then improves the pumping of blood to the rest of the body. This is one of the reasons it has been shown in studies to improve exercise tolerance in people who have heart disease. **Conclusion.** The health benefits documented here are largely unique to orotic acid and the orotates, with clinical effects seen at 1000-3000mg daily of magnesium orotate. For those seeking optimal cardiovascular health and for those with failing hearts and blocked arteries, magnesium orotate can be very beneficial and is backed by a substantial, positive history in experimental and clinical medicine. Source of information: [www.fit-bioceuticals.co.nz](http://www.fit-bioceuticals.co.nz) References are available on this website also.

### Our favourite quote

Humour is the affectionate communication of insight.

Leo Rosten 1908-1997

### Health tips

It is not uncommon to find patients who are very low in several key nutrients which are in adequate supply in the diet. Coeliac disease is a dramatic allergy to gluten and inhibits absorption of nutrients from the digestive tract. Many people have dramatically improved their energy as well as their absorption of nutrients simply by trialing a gluten-free diet even though they are negative for coeliac disease.

### Happy Patient File

A young woman came to see us late last year who was feeling very stressed in her final year of school, sleeping a lot, fatigued, muscle aches and an ongoing cough with frequent colds and flu's. We found her to have a great many nutritional deficiencies. After correcting all of these and trialing her on a gluten free diet her energy returned within a few days and she returned to us very happy and feeling great.

## Chocolate pudding with Chia seeds

### Ingredients

2 c. sliced bananas  
1/4 c. coconut milk  
1/2 c. chia gel (soak 1 tablespoon of chia seeds with 4 tablespoons of water for 1/2hr in a glass jar)  
1/4 c. almond flour  
1 c. semi-sweet dark chocolate chips

1 t. vanilla extract  
1/2 t. nutmeg  
1/2 t. sea salt

### Directions

Pour half of the coconut milk into a blender. Add two slices of banana and blend. Keep adding banana one slice at a time until they are all blended, adding the rest of the coconut milk as

needed so it will blend. Add chocolate chips, sea salt, vanilla extract, nutmeg, almond flour, and blend. Add the chia gel and blend. You'll see that it disappears right into the mix and you won't even know it's there except for the fact that it adds a nice, thick consistency. Pour

pudding into bowls and chill in refrigerator for several hours. You can also chill in small serving dishes such as small Japanese teacups which are perfect for individual servings.

This recipe makes about 3 cups of pudding.