



**Holistic
Medical Centre**
Best of both worlds

www.holisticmedicalcentre.co.nz

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February 2010

Latest research - Cardiovascular Health

The next newsletter in our series of nutrients for the heart focuses on a nutrient called Co Enzyme Q10.

Co Q10, as it is commonly known, is a nutrient that is primarily synthesised in the body but needs the amino acid tyrosine as well as vitamins B2, B3, B5, B12, folate and vitamin C in order to be synthesised. Foods rich in this nutrient include beef and fish.

Your body produces energy inside almost every cell and all the functions that are carried out by your body require this energy, otherwise known as ATP. Co Q10 is a nutrient that is necessary for the synthesis of ATP inside the cells and is therefore essential for nearly all tissue. However, is especially important for the heart, immune system, gingiva (gums) and stomach lining. Co Q10 protects the membrane integrity of cell walls by preventing destruction by oxidation. In addition Co Q10 regenerates vitamin E after it has been degraded by oxidation making it a powerful antioxidant. The conditions that benefit from Co Q10 supplementation include congestive heart failure, heart damage after a

heart attack, angina and high blood pressure. Because Co Q10 is involved in energy production it is important for heart-muscle contraction. Many studies have shown that Co Q10 supplementation ranging between 100 and 300mg daily is very beneficial for heart patients. One good study demonstrated a dramatic improvement in the symptoms of patients with steadily worsening symptoms and whose prognosis was poor. Another study with Co Q10 supplementation showed a significant improvement in how much blood the heart was able to pump with every contraction in patients with heart disease. The patients in this study also demonstrated improved exercise tolerance in the participants which means they were able to do more exercise before having to discontinue due to symptoms such as breathlessness and chest pain. Another study involving Co Q10 and patients with chronic heart disease found that some participants were able to reduce some medications as well as experi-

encing an improved quality of life and a reduction in cardiac complications. In fact one study involving 413 patients with an average follow up time of 17.8 months found that 43% of patients were able to discontinue between 1 and 3 of their conventional medications. Another study involving 2664 patients using 50-150mg of Co Q10 for 3 months also showed great results. The majority of the patients in this study were taking 100mg of Co Q10 per day. The proportion of patients experiencing symptomatic improvement includes: sweating 79.8%, fluid retention (oedema) 78.6%, cyanosis (bluish skin due to lack of oxygen) 78.1%, rattling in the lungs 77.8%, palpitations 75.4%, vertigo 73.1%, insomnia 66.28% breathlessness 52.7%, nocturia (getting up at night to the toilet) 53.6%. In another study involving 12 transplant patients, all patients reported an improvement in symptoms, 9 were downgraded in their disease category and some required no conventional medication and experienced no limitation in lifestyle.

Our favourite quote

"Duct tape is like the force. It has a light side, a dark side, and it holds the world together."

Health tips

The interesting thing about Co Q10 is that it is synthesised in the body with the same enzyme that produces cholesterol. Therefore anyone taking statin medication to lower cholesterol is also blocking the synthesis of Co Q10 and should absolutely be taking Co Q10 with their statin.

Happy Patient File

A lovely woman came to us with marked cartilage loss in her right joint and needing to take a great deal of Voltaren but was still having sleep problems due to the pain. She was already taking fish oil and a joint formula. We added quercetin, bromelain and a formula containing Devils Claw for osteoarthritis. She returned to us feeling really good, happy, pain-free and virtually off all her Voltaren. Devils Claw is a herbal medicine that has been shown in studies to be very useful specifically for the discomfort associated with osteoarthritis.

Cardiovascular checkups

We now have a range of cardiovascular checks to suit every budget. Nellie our naturopath can do a 30 minute cardiovascular risk assessment based on guidelines developed by the Ministry of Health and implemented through the Primary Health Organisations. This will give you a basic understanding of your cardiovascular health and identifies your general risk profile. This cost is \$30 for en-

rolled patients and \$50 for casual patients. The next tier up is a full analysis on our BodyStat equipment with Nicola our naturopath/nutritionist. BodyStat will give us a reading of the ratios of your muscle, bone and fat. Adding your blood pressure, cholesterol, weight height, hip and waist measurement as well as family history gives you a good amount of information

and a better understanding of the ideal scene compared to the current scene. This takes 40 minutes and will cost \$80 The deluxe version is a 1-hour consultation with Dr Mike Foster to perform a DAN test and comprehensive bloods. This test involves placing sensors on your torso which are connected to a computer to analyze your heart rate variability and pulse rate velocity.

Heart rate variability may be used to predict an increased risk of chronic illness prior to any clinical manifestations. It is an indicator of physical and mental stress and gives us an idea of your physiological (body) age. Pulse rate velocity looks at how flexible/elastic the large, medium and small blood vessels are by looking at how well they respond to postural changes. Please call for pricing