A Better Predictor of Heart Disease

Why is it that when it comes to heart health all you ever hear about is cholesterol levels?

If you asked 100 people what the leading indicator of a heart attack was, my guess is 99 out of 100 would say cholesterol.

It's been proven in numerous studies that there is no relationship between cholesterol and heart disease or heart attacks. Cholesterol does not cause heart attacks.

It is a symptom related to heart disease that still needs to be checked. However, it's not the most telling symptom.

A Harvard study found that even people with multiple risk factors for heart disease might add an additional **3 DAYS to 3 MONTHS** to their life by avoiding saturated fats.

A University of California, San Francisco study found an increased life expectancy of only **3 to 4 MONTHS**.

Statin drug manufacturers admit in the fine print that their drugs only lower your heart attack risk by 1%. With all of their side affects that's certainly not a choice I'd make.

When you eat foods with animal and vegetable protein they contain an amino acid called methionine. Your body converts methionine into an amino acid called homocysteine as part of the natural digestive process.

As long as certain helper nutrients are present, homocysteine is then converted back into a harmless amino acid. When the helper nutrients are absent homocysteine levels become dangerously high.

Here's what happens.

We all have a certain amount of inflammation in our arteries. It happens due to stress, high blood pressure, and toxins accumulated in your body.

If there is chronic injury to your arteries, over time they begin to form large patches of plaque. This is the result of an inflammatory response from your immune system that starts out good and ends up bad. That's because the same white blood cells that rush to the scene to start the healing process end up becoming predators by embedding themselves in your artery walls. They then make themselves at home by devouring micro organisms and causing formation of plaque.

Elevated homocysteine contributes to the growth of smooth muscle cells inside the inner wall of the artery. These cells multiply rapidly to create a bulge in the artery. It's on this bulge in the artery that things like cholesterol and calcium find a home - like turtles sitting on a log. They then begin forming blood traps. Over time this leads to heart attacks and strokes.

Plaque builds up in an artery narrowing the flow of blood. At some point a blood clot breaks off and totally shuts off the blood flow. Next step, heart attack or stroke.

If homocysteine levels in your blood are elevated beyond what they should be, you're three times more likely to have a heart attack than a person who has normal homocysteine levels.

It doesn't matter what your CHOLESTEROL level is.

So if homocysteine is a more accurate indicator of heart disease why don't we hear more about it?

Easy.

They don't make a drug for it.

But don't panic. You don't need one.

Homocysteine levels can be reduced simply with vitamins and supplements.

Drug companies would rather you not know this because you can help your body heal itself without drugs and their side effects.

One doctor whom I highly respect recommends taking the following everyday to keep your arteries clean and your heart healthy:

Vitamin B6 – 50 mg
Vitamin B12 – 500 mcg
Folic Acid – 800 mcg
TMG – 1000 mg

Next time you have blood work done make sure they measure your homocysteine levels. A GOOD result would be less than 8 mmol/l.

All the best,

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