

December 2005

cardiac care provided in a **heartbeat**

THE NUTRITIONAL MANAGEMENT OF CORONARY ARTERY DISEASE AND STROKE.

PART 1: THE EGG STORY

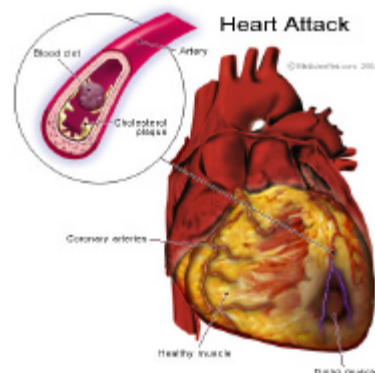
How to minimize the dangers of egg cholesterol

PART 2: THE MARGARINE STORY

How to minimize the dangers of butter substitutes

PART 3: THE FISH STORY

How to minimize the dangers of butter substitutes



Over the next three months, these topics will be covered in the Whitby Cardiovascular Newsletter, along with additional tidbits of useful information. You'll be able to find some of the most recent developments, which are practical for everyday life.

The Egg Story:

Dr. Naresh Kumar and Arjun Kumar

In 1912 Anitschkow in Germany fed egg yolk cholesterol to rabbits and produced aortic atherosclerosis. This was the first widely publicized proof that there was a connection between atheromas and cholesterol. The word "atheromas" comes from the Greek "athero" which means porridge or gruel plus "oma" which means tumor. This is the fatty cholesterol-rich lump found in the lining of the blood vessel. When calcium is added to the lump, it is called "plaque" and the condition is called "atherosclerosis". When the lining of the plaque or atheromas ruptures, the fats burst through the lumen. These fats are very thrombogenic and the clot can cause a complete obstruction known in lay terms as a "heart attack" but in the medical terms as a "myocardial infarction."



Because egg yolk is a major source of cholesterol, it is natural to assume that we should avoid eggs as much as possible. On the usual high saturated fat Western diet, it was found that six to twelve weeks of two to fourteen eggs per day had no effect on cholesterol. However, on a low saturated fat diet, cholesterol could be raised with six to eight eggs per day. This is due to the fact that the G.I. tract has a limited capacity for cholesterol absorption.

About 65 years after Anitschkow's experiments, three American groups fed purified cholesterol to rabbits and could produce no atheromas. When Anitschkow's methods were analyzed, it was apparent that his egg yolk cholesterol had ample time to be exposed to the air which allowed the cholesterol to be oxidized. Oxidized cholesterol, when fed to rabbits, produces angiotoxic effects in the coronary arteries within 24 hours and ultimately results in atheromas.

The second most powerful way to oxidize cholesterol is by heat. Heated egg yolk and milk can produce atheromas in hamsters, an animal known to be resistant to atherosclerosis. Today's egg industry puts out eggs free of oxidation products. Powdered milk is exceptionally high in oxidation products. Cheeses exposed to air for long periods during processing and stored at room temperatures are likely to contain significant toxic cholesterol oxidation products.

If you wish to minimize the ingestion of oxidized cholesterol, you should prepare your eggs to be soft boiled or soft fried ("sunny side up"). These eggs still have small amounts of oxidized cholesterol and they are therefore a compromise. Our milk products should be either non-fat or contain 1% fat. A step even further would be to only eat egg whites, which can be bought pre-made at any major grocery store (For example, 'Eggbeaters') Egg whites are a high protein food that contains all the vitamins and minerals of the whole egg. The whites also have 1/3 the calories of the whole egg. There are certain substances that reverse the oxidation of foods like eggs. A list of these items and an explanation on how they work will be found in one of the next newsletters.



Resistance Training – The Breakthrough Health Solution

Brendan Fox - Personal Trainer



What would you think if I told you there is a cutting edge drug on the market that has been proven to help you shed body fat, increase strength, sharpen your mental focus, boost energy, and improve sleep? In addition, the drug will decrease your joint pain, decrease stress, and lower the chance of mortality of death from nearly ALL causes.

Sound like the fountain of youth?

Too good too be true?

The drug I'm talking about isn't a simple little pill you can take...it's a healthy dose of resistance training, the drug of choice!

Resistance training refers to exercise in which a resistance is supplied by weights, machines, rubber bands, body weight or any other device that resists the movement of the exerciser. When the muscles are worked a little harder than normal, a number of favorable adaptations occur in the body. It is important to vary the exercises or increase the resistance to facilitate further adaptations and progress once the body adapts and the work seems easier.

In due time you will feel the life altering effects of this investment in your health. You will find yourself jumping out of bed in the morning after a good nights sleep. You will experience a higher quality of life as daily activities are completed pain free, with the greatest of ease, your heightened metabolism will melt fat away, revealing the good looking muscles underneath. You will radiate with confidence!

And if that weren't good enough, there's more! Research continues to show evidence of the benefits of resistance training, including decreased heart rate, lowered blood pressure, an improvement in good cholesterol (HDL) with a decrease in the bad cholesterol (LDL), and improved insulin sensitivity.

Resistance training is not just for bodybuilders and athletes. Swarms of people are catching the craze, participating in exhilarating workouts to boost their quality of life. The benefits of resistance training are for everyone, regardless of age or background, and should be a regular routine for anyone who wants the most out of life!