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The Continuation of the Nutritional Management of C.A.D. and Strokes

THE MARGARINE STORY

How to minimize the dangers of butter substitutes

THE FISH STORY

The dietary approach to cholesterol control

ANTIOXIDANTS

How simple foods can change your life

Fitness Advice

HOW TO SAY 'GOOD BYE' TO YOUR STOMACH

By Brendan Fox



The Margarine Story:

It is a well known fact that saturated fats (all animal derived fats) are the strongest method of raising serum cholesterol. Butter is very high in saturated fats, which is why the use of margarine is greatly preferred. Margarine is made of vegetable oils which have no significant amounts of saturated fat or cholesterol. The problem with margarine is that



they may have the same effect as regular butter, depending on how hard they are. To make the vegetable oils hard enough to spread on bread, hydrogen must be added. The more hydrogen added, the more saturated and atherogenic the margarine becomes. Margarines that come in a stick form are

the hardest, which makes soft tub margarines preferable. If the first ingredient on the label is the oil, then it has the least hydrogen added. Saturated fats only increase the levels of LDL cholesterol, the unhealthy cholesterol. Margarines with a high level of hydrogen will not only increase the levels of LDL cholesterol but also reduce the level of HDL, the health cholesterol.

For cooking advice using margarine visit: www.cookingwithmargarine.com

The Fish Story:

Greenland Eskimos rarely have coronary artery disease despite having a high fat diet. They are found to have low cholesterol, low triglycerides, and high HDLs. Eskimos who repatriated to Denmark lost their beneficial lipid profile. The diet of Greenland Eskimos is low in saturated fat and high in a kind of polyunsaturated fat known as 'omega-3' fatty acids.





In a Japanese fishing village, where fish supplied a high amount of omega-3 fatty acids, mortality from coronary artery disease and stroke was much lower than that of a nearby farming village where the consumption of omega-3 fatty acids per day was less than half. In the Netherlands, a 20 year study showed that two fish dishes a week resulted in a 50% less likelihood of dying from coronary disease than those who ate no fish. The fattier the fish, the more omega-3 fatty acids can be found. The fish with the highest omega-3 content are those from cold ocean water, such as the Norwegian sardines, Chinook salmon, and Atlantic mackerel. The lowest in omega-3 fatty acids are haddock, which is about one-fifth the fatty acid of salmon. Tuna has one-half the fatty acid that salmon has.

One study found that coronary occlusion and ventricular fibrillation that occurs during reperfusion can be prevented in animals by feeding them tuna fish oil. Patients with heart disease who had the highest levels of omega-3 fatty acids had the lowest incidence of heart attacks and sudden death. However, none of these studies include fried fish or fish sandwiches.

Studies have shown that a daily intake of fatty fish, for two weeks can lower your systolic blood pressure by 10mmHg. This is most evident in diabetic patients.

All preceding articles by Dr. Naresh Kumar and Arjun Kumar

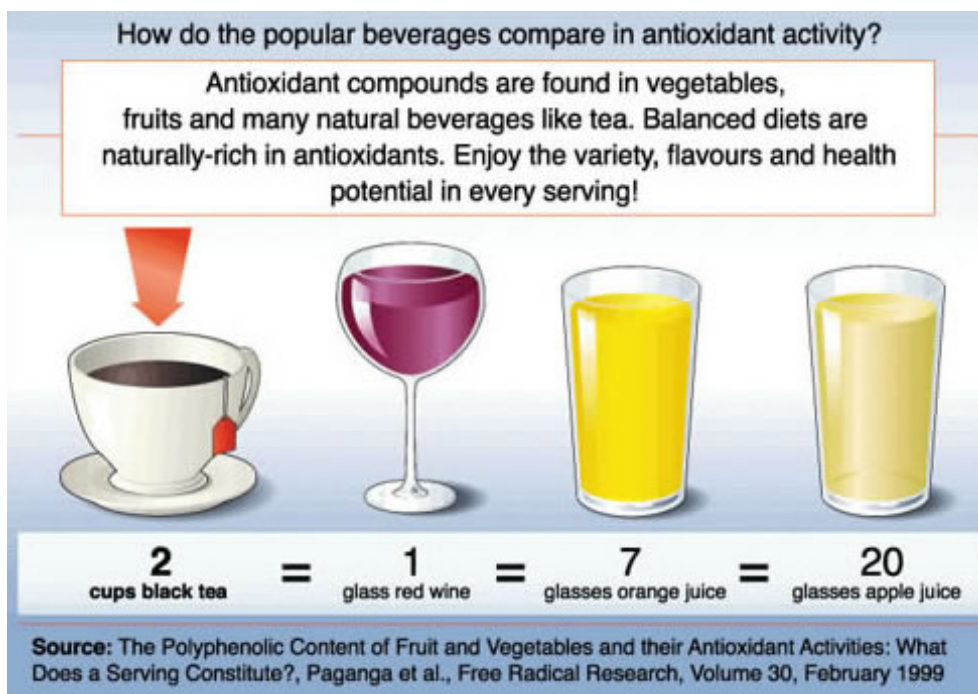
What are Antioxidant?:

We've known for years that antioxidants can help prevent heart disease and cancer, reduce blood pressure and slow the effects of aging. An antioxidant is a chemical that prevents the 'oxidation' of cholesterol. When cholesterol becomes oxidized, it hardens and plaque is created inside the arteries.



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But how can you increase the antioxidant levels in your blood? There are 12 essential, yet simple, items that can be consumed to increase antioxidants in the blood. These include berries, broccoli, tomatoes, garlic, spinach, carrots, soy, whole grains, tea, dark chocolate and red wine. Last but not least is pomegranate juice. The easiest way to have pomegranate juice is from a product called “POM Wonderful” which can be found at any major grocery store.



The preceding article by Arjun Kumar

Fitness Advice

Brendan Fox, *Personal Trainer to the Durham Region and Toronto*

“I do 100 sit ups every day. Why can’t I flatten my stomach?”

As a personal trainer, I am constantly bombarded with these types of questions. First off, a flat stomach is largely dependent on body fat. Cut down your body fat by following these words of wisdom “If it doesn’t run around a field, swim, fly or grow green, don’t eat it!”

Research shows that the abdominals are 50% fast twitch muscle fibers, requiring a higher intensity for development. For maximum results, limit your sets to a maximum of 12 repetitions before failure, otherwise you’ll be spinning your wheels. Increase the resistance or perform more difficult exercises to avoid diminishing returns.

Posture also plays a role in achieving a flat stomach. Tight hip flexors tilt the pelvis downward, spilling the contents of the pelvic basin up against the abdominal wall, causing distension. During exercise, tight hip flexors will also sponge up the neural signals from the brain intended for the abdominals. This can further develop hip flexors, not abdominals, and potentially result in a thicker waistline...so stretch those hip flexors!

1. Kneel with one leg forward, knee up, and the other stretched back with the knee on the floor.
2. Push the pelvis forward, stretching the hip flexor of the rear leg.





And finally, the traditional sit ups you learned in gym class will target the upper abdominals, but a variety of exercises are needed to target the oblique and lower abdominals. The lower abdominals tend to be the least understood and most neglected, their lack of tone permits the stomach to push forward, unimpeded.

Leg lowering is one of the best exercises to tone the lower abdominals, and create a corset-like mid section. Begin by lying flat on your back:

1. Tuck your knees in



2. Kick your feet straight up in the air,



3. With your legs straightened, lower the legs down under control



4. Repeat



Don't let the air out too fast when lowering or it releases tension in the abdominals. As you improve, increase the resistance of this exercise by adding a small weight or implement between the ankles.

So Who Is Brendan Fox?

Brendan is a highly accomplished Kinesiologist, who is also certified as a Strength and Conditioning Specialist, Fitness Consultant, Specialist in Performance Nutrition, and an Endurance Fitness Trainer. He has been chosen to represent Canada as a member of the Canadian Medical Staff for the 2006 Winter Olympics in Italy. He has been the recipient of many awards, including Top Overall Trainer for Extreme Fitness, an organization that employs over 200 personal trainers. The success of his new training system has been discussed in newspapers such as the Toronto Star and Toronto Sun, and he has been interviewed on television programs such as TSN's CFL Live.



For any more information on Brendan Fox, see the FOX FITNESS link under the USEFUL INFORMATION section of the Whitby Cardiovascular Institute webpage