

NATURAL CHOLESTEROL THERAPY



In spite of our best efforts and technology, heart disease remains the number one killer in the United States. Someone dies from a heart attack every 30 seconds.

The molecule responsible for

much of this public health disaster is cholesterol. Today we know to look at the ratio of "good" to "bad" cholesterol as well as some newer tests that help us determine just how dangerous your cholesterol is.

Diet, exercise, stress reduction, and nutritional supplementation all play an important role in protecting your heart and arteries from the damaging effects of cholesterol and other molecular toxins.

Many patients are surprised to learn that cholesterol reducing prescription medication only reduces your risk of having a heart attack by about one-third.

China Red CHOLEAST by Thorne

- Proven to lower cholesterol
- Cherished Chinese herbal medicine



Monascus purpureus is better known as Red Rice Yeast, a much cherished Traditional Chinese herbal medicine for treating heart disease and high cholesterol.

Clinical studies have proven that Red Rice Yeast effectively lowers cholesterol.

All of the prescription "statin" cholesterol reducing medications can trace their molecular origins to the ingredients of Red Rice Yeast. Yet, Red Rice Yeast in its natural form appears to be far less likely to cause side effects than prescription medication.

PRODUCT #	SIZE
124	120 cap

Sweet Heart HEARTWISE By MyBestHealth

- Thins blood... like aspirin
- Lowers cholesterol

It is rare for me to have anything nice to say about white, refined sugar. Yet from the sugar cane plant comes policosanol, a sugar-free extract from sugar

Passage to India GUGGUL by Vital Nutrients

- Natural cholesterol blockers
- Protects heart and arteries



Guggul is the sap from the *Commiphora mukul* tree which is native to India and has been used for centuries by Ayurvedic herbal practitioners to treat heart disease.

The active ingredients of Guggul are guggulsterones which lower cholesterol by blocking cholesterol production in the liver. Guggul also has anti-oxidant properties which help protect the heart and arteries from the damaging effects of

cholesterol much like the better known anti-oxidants vitamins C and E.

PRODUCT #	SIZE
149	60 cap

cane that lowers cholesterol, has anti-oxidant properties, and can protect the heart by thinning the blood like aspirin. From the pages of botanical study, never have good and evil come from the leaves of the same plant in this way.



PRODUCT #	SIZE
153	60 cap

Necessary Protection

SURE-SORB CO-Q10

by MyBestHealth



Remember that lowering cholesterol is just one aspect of treating and preventing heart disease and strokes. Sticky cholesterol must be kept from adhering to the lining of your arteries. Co-enzyme Q10 provides this protection.

When medications or supplements are used to block the liver's

production of cholesterol, Co-enzyme Q10 production is also blocked and blood levels of this important vitamin will be reduced. This makes supplementation with Co-enzyme Q10 even more important when reducing cholesterol levels.

In Japan, Co-enzyme Q10 is so valued that it is the sixth leading selling medication and is available only by prescription. We import our Sure-Sorb Co-Q10 from Japanese sources because of its high quality and purity. Do not be fooled by cheap CO-10 products on store shelves that use inferior ingredients.

NAME	PRODUCT #	SIZE
Co-Q10 (50 mg)	129	30 cap
Co-Q10 (200 mg)	130	30 cap

School of Thought

Ultra-pure FISH OIL

by MyBestHealth

- **Healthy cholesterol levels**
- **Decrease heart palpitations risk**
- **Thins Blood**



Just three servings of fatty fish per week can reduce your risk of dropping dead of a heart attack by more than 50%. This benefit is in the same realm as taking a daily aspirin or reducing cholesterol with medications or herbs. The beneficial omega-3 fish oils can help support healthy cholesterol levels, thin the blood, and decrease the risk of dangerous heart palpitations.

PRODUCT #	SIZE
141	60 gel

CARDIOVITE

by MyBestHealth

- **Fight disease and aging**
- **Promotes health**



Oxygen breathes life into virtually every living thing on the planet. At the same time, oxygen also slowly damages our vital organs in a process known as oxidation much like the rusting of metal. To counter the harmful effects of oxygen, scientist have looked toward a special class of molecules called anti-oxidants.

CardioVite provides vitamins and minerals that not only prevent disease but also promote health. This formula includes: grapeseed extract, 25 times more powerful than Vitamin C that has also been shown to help the body fight disease and aging.

PRODUCT #	SIZE
106	60 tab

Mended Heart

Cholesterol management is just one aspect of treating and preventing heart disease. Whether by nutritional supplement, prescription medication, or both, achieving a healthy cholesterol number must also be accompanied by a comprehensive strategy that includes proper diet, exercise, stress reduction, and protection of the heart and arteries from cholesterol and other toxins.

This extra but essential protection comes from other

nutritional supplements. A heart-healthy program includes the following:

- **CardioVite by MyBestHealth**
- **Sure Sorb Co-Q10 by MyBestHealth**
- **Ultra-Pure Fish Oil by MyBestHealth**
- **Alpha Lipoic Acid by MyBestHealth**
- **Lycopene by MyBestHealth**

Reduce Blood Sugar Levels

ALPHA LIPOIC ACID

by MyBestHealth

- Protection from hardening of the arteries
- Prevents neuropathy
- Used to treat victims of Chernobyl



Having been identified more than 50 years ago, alpha lipoic acid has long been appreciated for its potent anti-oxidant protection of the brain, nerves, heart, and arteries. This type of protection means a slowing of the aging process.

For patients with diabetes, alpha lipoic acid can help to reduce blood sugar levels and protect the body from the

damaging “oxidizing” effects of high blood sugar, such as hardening of the arteries and nerve damage (also known as neuropathy). Alpha lipoic acid also supports patients with other causes of neuropathy including chemotherapy, toxin-induced, and age-related.

Alpha lipoic acid is so powerful an anti-oxidant that it was used to treat victims of the Chernobyl nuclear accident and was shown to normalize affected internal organs and substantially reduce radiation-induced oxidative damage.

Now, you probably are not dealing with a disaster of this magnitude, but it is nice to know that the supplement you are taking is protecting you as if you were.

PRODUCT #	SIZE
113	60 cap

Did you know?

Vitamins Interact

There are some vitamins that are best taken in the morning and others that are best taken in the evening. And just like medication reactions, there are vitamin-vitamin interactions.

A “once-a-day” vitamin is incapable of delivering vitamins to the body when they are best absorbed and is loaded with vitamin-vitamin interactions. For example, America’s most popular vitamin, Vitamin C, and America’s most popular mineral, calcium, interact with each other and should not be taken in large doses together because they cancel each other out.

Supports Prostate Health

LYCOPENE

by MyBestHealth

- Support lung
- Powerful antioxidant



Lycopene is the natural red pigment that gives tomatoes, watermelon, and pink grapefruit their reddish color. Lycopene is a member of the beta-carotene family and is among the most potent, heart-healthy anti-oxidant supplements available.

Lycopene also helps support normal lung function, prostate health, and is a powerful anti-oxidant.

PRODUCT #	SIZE
164	30 gel

When Vitamin B is Not Enough

NAC

by Pure



Like cholesterol, it is “normal” to have some homocysteine in your blood, but lower is better. The B vitamins are the first line of defense in lowering homocysteine and protecting your body from this natural toxin.

N-acetyl-cysteine (NAC) can also be used as a supplement to further reduce serum homocysteine when B vitamins cannot lower it to goal levels.

PRODUCT #	SIZE
168	120 cap

It never made sense to me that multi-vitamin manufacturers promoted a “once-a-day” pill that was loaded with vitamin-vitamin interactions and oblivious to timing.

For more information about how to prevent vitamin interaction, ask our staff for the “MyBestHealth: A Premium Vitamin & Mineral System” brochure.

The Stinking Rose

GARLIC

by Pure

- Reduce blood pressure by 7% after just 4 weeks



Garlic has long been used as a heart-healthy herb and there is ample evidence that garlic can help support a normal blood pressure.

Most vitamin suppliers do not properly manufacture garlic, rendering most supplements completely worthless. This includes all garlic supplements that claim to be “odorless” or “aged.” Garlic supplements

must be specially standardized, something many companies say they do but nonetheless do not do properly. Garlic must also be specially coated to withstand the harsh stomach acid environment.

PRODUCT #	SIZE
144	60 cap

All the Benefits of Green Tea

THEA-STAT

by Douglas Labs



Everyone knows that green tea is good for you. However, not everyone has the time to drink the six to eight cups a day that are necessary to get all of the anti-cancer, immune-boosting, weight loss, and cardiovascular benefits that green tea is known for.

Thea-Stat is a patented extract of green tea theaflavins and catechins which are the two most potent, health-promoting

benefits of green tea.

This is an important, breakthrough supplement for patients concerned about cancer, heart disease and stroke prevention because Thea-Stat contains a powerful concentration of the most powerful antioxidants found in green tea.

PRODUCT #	SIZE
198	30 gel

Potent Anti-oxidant

GRAPSEED EXTRACT

by PhysiLogics

- Brain cell protection



Grapes (particularly red grapes) contain a potent blend of antioxidants known as oligomeric proanthocyanidins (OPCs).

That’s a mouthful.

These OPCs are many times more powerful than the better known vitamins C and E. OPCs have been shown to reduce cholesterol’s artery clogging abilities, dilate arteries to improve

blood flow, and gently thin the blood to prevent blood clots from causing strokes and heart attacks.

In research studies, OPCs can also kill cancer cells of the breast, lung, stomach, and prostate.

As an added bonus, OPCs also keeps skin looking more youthful by blocking the enzymes that destroy the underlying superstructure of skin which would otherwise lead to wrinkling and sagging.

Yes, you can get some OPCs from drinking red wine (10 times more than white wine), but you would also be getting the alcohol (I know that’s the point). However, alcohol is a cancer-promoting toxin that should be enjoyed infrequently for your best health. The French studies that linked France’s low heart attack rates to alcohol consumption also demonstrated France as having Europe’s highest rates of cancer, hardly a statistic to celebrate.

PRODUCT #	SIZE
146	120 cap

Public Enemy #1

Someone dies from a heart attack every 30 seconds. For some perspective, the equivalent carnage would be nine fully-loaded 747s crashing with no survivors every day, seven days a week, 365 days a year. The skies would not be so “friendly” if airplanes had this abysmal safety record.

The molecule responsible for much of this public health disaster is cholesterol. Most adults know whether their cholesterol is “high” or “low”, and many also remember the actual Total Cholesterol number.

Yet, analyzing your “cholesterol” test requires more than just focusing on a single, raw number. Today we know to look at the ratio of “good” to “bad” cholesterol as well as some newer tests that help us determine just how dangerous your cholesterol is.