

# HEALTHY HEART

**EXPERT ADVICE** *for Matters of the Heart*

*Why Fall in Love  
with **OMEGA-3s?***

**HEART CHART**  
*Centerfold*



BE GOOD TO YOUR

WHOLE  
BODY<sup>™</sup>

SHOW YOUR HEART SOME

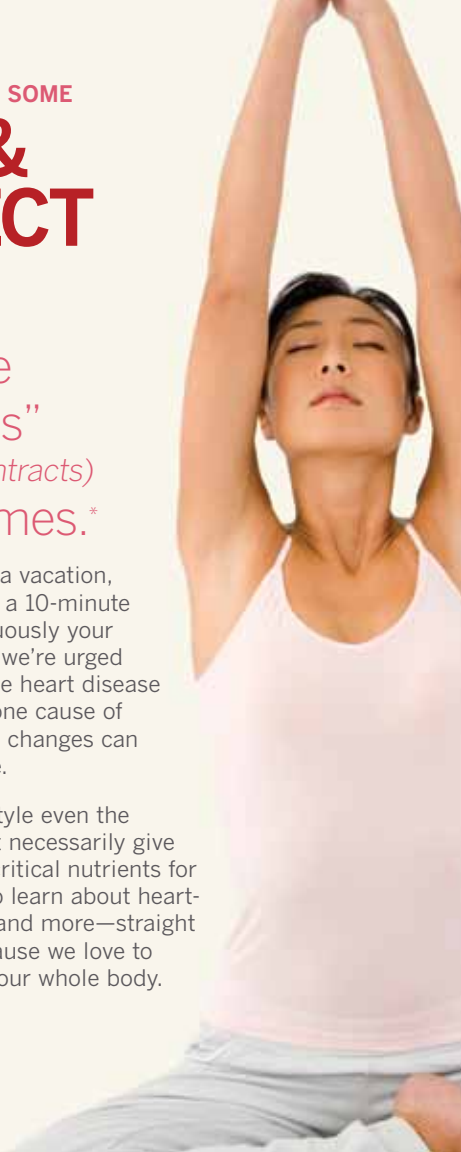
# LOVE & RESPECT

Each day  
the average  
heart “beats”  
*(expands and contracts)*  
100,000 times.\*

Your heart never gets a vacation, a weekend off or even a 10-minute break. It beats continuously your entire life. No wonder we're urged to take care of it! While heart disease remains the number one cause of death in the US, a few changes can make a real difference.

In today's typical lifestyle even the healthiest diet doesn't necessarily give you enough of some critical nutrients for your heart. Read on to learn about heart-healthy supplements and more—straight from our hearts—because we love to help you be good to your whole body.

\*American Heart Association



# THE HEART OF THE MATTER: *Inflammation*

According to the American Heart Association, chronic inflammation is a common factor for people with heart disease. When the body responds to certain circumstances—injury, nutrient imbalances, stress—white blood cells and bacteria-fighting chemicals rush to tackle the issue, inflaming tissue. This is good when you've been injured, but a constant battle against inflammation is not good.

Nutrient-deficient, highly processed diets, stress, allergies and excess weight are often the cause of chronic inflammation. Some nutrients, including vitamin D help to promote healthy inflammation. Synthesized in the skin from sunlight exposure, vitamin D supplementation may be a good idea if you don't get enough from sun or foods.



**CHRONIC INFLAMMATION PLACES ONE AT INCREASED RISK FOR CARDIOVASCULAR DISEASE** by causing a sequence of actions in the coronary artery such as plaque rupture.

Cleveland Clinic Heart Center, 8/02

# GOOD FATS

## MAKE THE HEART GROW FONDER

Though certain fats are to be avoided, others help prevent harmful inflammation and keep us healthy. In fact, essential fatty acids (EFAs) are just as important as many vitamins and minerals. The two types of EFAs needed are omega-6s and omega-3s—in a ratio of about 3:1. Because the body cannot synthesize these, they must come from food or supplements.



# GIVE YOUR HEART TO OMEGA-3s

The average Western diet contains far too many omega-6s, thus most people could benefit from balancing the ratio with more omega-3s such as those found most abundantly in certain fish and flaxseeds, but also in dark leafy greens and walnuts.\*



**FISH OIL** supports the overall cardiovascular system and a healthy inflammatory response with its two important “body ready” forms of omega-3 EFAs—EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). When choosing a fish oil supplement, remember that it is not healthy if it is not pure.

**FLAXSEED OIL** is one of the most abundant plant-based sources of omega-3 EFAs, including the important alpha linolenic acid (ALA). Take it in softgels, straight from the spoon or add it to cold or precooked foods such as dips, pasta, rice, oatmeal, smoothies, veggies and salad. (Do not heat it.)

\* Because of potentially harmful mercury levels, experts caution us to limit weekly intake of larger fish.  
Info at [wholefoodsmarket.com/products/methylmercury-seafood.php](http://wholefoodsmarket.com/products/methylmercury-seafood.php).

\*  
EXPERTS  
SAY...

**HYDROGENATED FATS SIGNIFICANTLY INCREASE THE RISK OF HEART DISEASE** (much more than saturated fats) by raising so called “bad cholesterol” and lowering “good cholesterol.” Recent studies also suggest that they are associated with inflammation.

Brigham and Women's Hospital

# HEALTHY HEART CHART

Including heart-healthy nutrients in your meal planning is like slipping a little love note into every bite.

However, to obtain therapeutic levels of many specific nutrients from food, you would have to eat vast amounts! Fortunately, they can be found in a variety of supplement forms: tablets, softgels, liquids, chewables and/or herbal teas.

NUTRIENT	HEART HEALTH SUPPORT	FOOD SOURCES
<b>ALA</b> (alpha linolenic acid)	important omega-3 EPA; helps promote a healthy balance of eicosanoids; aids in maintaining healthy blood pressure	flaxseeds, soybeans, pumpkin seeds, walnuts (and the oil from all of those), canola oil
<b>B6 and B12</b> (often in B-complex formulas)	may be helpful for maintaining healthy blood pressure	B6: liver, fish, poultry, whole grains, vegetables, seeds; B12: seafood, meat, poultry, dairy, eggs
<b>calcium</b>	helps to balance the beating of the heart; the health of the circulatory system and blood pressure	milk, yogurt, cheese, fortified non-dairy substitutes, dark leafy greens
<b>carotenoids</b>	antioxidants that include beta carotene, lutein and lycopene	red, orange and yellow fruits and vegetables, and green leafy vegetables
<b>cayenne</b>	promotes healthy circulation	cayenne peppers
<b>CoQ10</b> (Coenzyme Q10)	supports healthy cholesterol levels; helps to supply oxygen to the cells and aids in energy metabolism	difficult to obtain sufficient amount from sources other than supplements
<b>DHA</b> (docosahexaenoic acid) and <b>EPA</b> (eicosapentaenoic acid); (often in EPA formulas)	"body-ready," forms of omega-3 EFAs; vital for brain and nervous system development; promote a healthy cardiovascular system on many levels	cold-water fish such as salmon, sardines, mackerel and eel, seaweed, fish oil, cod liver oil, microalgae
<b>fiber</b> (soluble)	supports healthy cholesterol levels; helps to keep blood sugar levels healthy; plays an important role in overall heart health	oat bran, beans, peas, rice bran, barley, citrus, strawberries, pears, whole grains
<b>garlic</b> (standardized extract)	delivers sulphur-containing compounds; may help promote healthy levels of cholesterol and blood pressure	garlic
<b>grape seed extract</b>	packed with polyphenols	difficult to obtain comparable amount from sources other than supplements
<b>green tea</b>	catechins help to protect the cholesterol in your blood from oxidizing and forming free radicals	green tea
<b>hawthorn</b>	delivers antioxidant bioflavonoids; helps maintain healthy coronary artery flow and strong contractions of the heart muscle	none
<b>holy basil</b>	supports healthy cholesterol levels	none
<b>L-Arginine</b>	helps to support healthy vascular walls and circulation; may be helpful for blood pressure; improves heart cell function	dairy, meat, poultry, fish, nuts, chocolate
<b>L-Carnitine</b>	supports healthy blood flow, has been shown to keep HDL levels healthy and helps cells produce energy	red meat, dairy, avocado, tempeh
<b>magnesium</b> (often paired with calcium)	works with calcium to support blood pressure balance	pumpkin seeds, almonds, soynuts, cashews, tofu, peanuts, beans, oatmeal, spinach, dairy
<b>niacin</b> (B3); (often in B-complex formulas)	promotes open, clear arteries and healthy levels of triglycerides, HDL cholesterol and LDL cholesterol	peanuts, chicken, tuna, salmon, almonds, potato, mushrooms, barley, lentils
<b>pomegranate</b>	supports healthy cholesterol levels	pomegranate fruit or juice
<b>potassium</b>	crucial (in balance with sodium) for healthy blood pressure	fruits, vegetables, dairy, fish, poultry
<b>red rice yeast extract</b>	supports healthy cholesterol levels already in the normal range	none
<b>selenium</b> (often paired with vitamin E)	antioxidant; selenomethionine form is important to overall blood and heart health	Brazil nuts, tuna, beef, cod, turkey, enriched pasta, egg, brown rice
<b>spices</b>	certain spices (turmeric, ginger, oregano, rosemary, cinnamon) contain active constituents	add to other foods
<b>vitamin C</b>	antioxidant; may be helpful for promoting healthy blood pressure levels	papaya, broccoli, Brussels sprouts, peppers, strawberries, tomatoes, citrus, cauliflower, kale
<b>vitamin D</b> (often paired with calcium)	supports healthy circulation and healthy inflammation levels	fish, shellfish, fortified milk and dairy (and substitutes), eggs, shiitake mushrooms, fortified cereals
<b>vitamin E</b> (natural form with "mixed tocopherols")	antioxidant; supports healthy cholesterol levels; high amounts may lower the risk of cardiovascular disease	wheat germ, almonds, sunflower seeds, hazelnuts, peanuts, spinach, broccoli, soybeans, kiwi, mango

# Keep in mind what is **CLOSE TO YOUR HEART**

## **ANTIOXIDANTS**

protect the body from wear and tear and help the immune system by stabilizing “free radicals,” unstable compounds which cause damage to cells. Aging, unhealthy foods, stress, pollution and synthetic chemicals in our environment all create higher demand for antioxidants in the body. The more there are, the less damage free radicals can cause.

## **CHOLESTEROL**

is essential for myriad functions in the body, moving through the blood in proteins called lipoproteins. Certain types of low density lipoproteins (LDL, “bad cholesterol”) can prevent enough oxygen from reaching the heart or brain. High density lipoproteins (HDL, “good cholesterol”) help the body excrete extra cholesterol. High or low is not always what’s important, though. The ratio counts, too.

## **HYPERTENSION**

(high blood pressure) is a high force of blood pushing against artery walls, indicating impaired circulation. Stress and nutrient deficiencies play roles in hypertension and the perfect balance of sodium and potassium in your body is also crucial.

## **TRIGLYCERIDES**

refer to the fats that are in the blood. When more calories are eaten than the body can use immediately, they become triglycerides stored as an energy source in fat cells. High levels of triglycerides are associated with increased risk for heart disease.



**SAVE A LIFE**  
by knowing the signals  
that indicate a heart  
attack. Get the list at  
**[americanheart.org](http://americanheart.org)**.

**\*  
EXPERTS  
SAY...**

## **THE EARLIER THE BETTER FOR PREVENTION!**

*Children should get blood pressure checks yearly, starting at age 3, and be screened for cholesterol twice before age 21.*

(National Institutes of Health and the American Academy of Pediatrics, 2011)



Tips for

# SATISFYING YOUR HEART'S DESIRE

## GET ACTIVE

A healthy lifestyle including regular exercise can truly help ward off heart disease. Try vigorous walking, dancing, cycling, rowing or whatever activity you enjoy at least three times a week for half an hour or more.

## DELIVER YOURSELF FROM STRESS

Small pleasures can often provide large results. Practice yoga, take a nap, a dip or a stroll, maintain a positive outlook, play with your pet, get a massage, laugh! These and other "heart warming" activities may reduce your risk for heart disease.

## BRUSH & FLOSS

Studies show that people with periodontal disease are at an increased risk for coronary artery disease. Preliminary evidence suggests that bacterial infections in the mouth are linked to higher levels of inflammation in the body.

## EAT SMART

Scientific research shows that foods high in omega-3 fatty acids, antioxidants and fiber are your best choices for heart health. Fruits and vegetables should fill more than half of your plate at every meal, with a variety of colors throughout the day.

## WATCH YOUR WAISTLINE

Studies show that fat around the belly (abdominal fat) may be more of an indicator of heart disease risk than weight or BMI (body mass index).

## AVOID A FEW THINGS

Certain herbs, spices and teas are good choices, too, along with moderate amounts of nuts and dark chocolate.

Hydrogenated fats—found in many highly processed and fast foods—are perhaps the worst ingredient for heart health. Other bad guys are smoking and excessive alcohol. Also avoid overeating, which may raise triglyceride levels.

  
EXPERTS  
SAY...

**STRESS MANAGEMENT TECHNIQUES ARE EFFECTIVE AT LOWERING RISK FOR UNHEALTHY CARDIAC FACTORS** (including triglyceride levels) and events (such as heart attack.)\* In fact, some say stress could be known as the heart's chief nemesis!

\*National Heart, Lung, and Blood Institute, 2010

  
EXPERTS  
SAY...

**PSYLLIUM HUSKS, FLAXSEED AND GARLIC** may be helpful for managing healthy levels of LDL cholesterol. (Medical News Today, 2007)





## OUR SUPPLEMENTS QUALITY STANDARDS

- We carefully evaluate each and every product we sell.
- We feature products that are free of artificial colors, flavors, sweeteners and hydrogenated oils.
- We are committed to offering research-driven dietary supplements that have a proven track record.
- We provide nutritional products that support the health and well-being of our customers and the environment.
- Products on our shelves are reviewed for compliance with applicable regulations.

## CURIOUS? CONFUSED?

Ask a question and you will discover that our Whole Body Team Members are thoroughly trained and well educated about the products we offer. They are there to help you and are pleased to guide you in making the most informed choices for your needs. They're not doctors, though, so always check in with your healthcare practitioner.



### GET EXPERT TIPS!

[blog.wholefoodsmarket.com](http://blog.wholefoodsmarket.com)  
(whole body podcast category)

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