



Plaqterol

... add this to your heart healthy regimen.

Cholesterol is made by the body and is an essential component of blood lipids. It is manufactured by the liver and is a precursor of steroidal hormones. Cholesterol is converted to bile acids that aid in food metabolism. It is a white, soft, waxy material that is present in the nervous system, skin, muscle, liver, intestines, heart, and in all parts of the body. LDL is a low-density lipoprotein and VLDL is a very-low-density lipoprotein. Too much of these when oxidized may collect inside the artery walls (plaque) and restrict blood flow, reduce blood vessel flexibility and may lead to heart disease. HDL (high-density lipoprotein) helps move LDL cholesterol out of the system. Antioxidants such as lycopene and other carotenoids protect LDL from oxidation; especially when Vitamin C is present.

Many factors cause levels of cholesterol to be higher than they should be. While many attribute this condition to diet and lack of exercise, these are just two contributory factors. Other factors include metabolic malfunction, stress, and too many acid toxins in the body. As with most degenerative disease, creating a pH in the body that is more alkaline will reduce the cause of the problem. At NEWtritional Healthcare we are keenly aware of this fact, so our products are formulated to be more alkaline. We also carry products to change the pH of your system.

Once we have gotten to the point where cholesterol levels are a problem, changing pH is not enough. So we have developed Plaqterol, a dietary supplement to support the body in preventing the deposition of dietary cholesterol on arterial walls, and relieving the symptoms of atherosclerosis. High-density lipoprotein (HDL) helps move LDL cholesterol out of the system, so we all want to improve the ratio of these lipoproteins. While elevated levels of cholesterol are not the only major risk factor in heart disease, it is associated with a high risk of heart disease. Additionally, atherosclerosis may lead to cardiac conditions and supporting our body in reducing the plaque in the arterial walls is important. As the plaque begins to leave the body the level of cholesterol in the blood will rise before it will fall, an indicator of the removal of the plaque from the system.

For people with high cholesterol, heart disease or atherosclerosis it is commonly advised that they reduce consumption of saturated fats, red meats, shellfish, dairy (not labeled "fat free"), sugar, coffee, sodas, and foods processed with saturated fats and consider eating fish, legumes, grains, vegetables, and fruits. Foods high in soluble fiber are commonly recommended. Pectin in fruit is an example of soluble fiber. Oat bran is a rich source of soluble fiber and it also contains beta-glucan. Olive oil is a part of the "Mediterranean" diet as is peas, vegetables, fruit, fish and cereals. Research has shown that the risk of dying from heart disease was greatly reduced for those on this diet. Recommendations also include eating smaller meals rather than three big meals, exercise, consider a weight loss program, reduce stress and quit smoking. Any person with heart disease or other diagnosed conditions should consult with their health care practitioner before initiating an exercise program, a diet, or supplements.

Many of the ingredients selected for this product have been used for centuries in Asia and many have been tested. The proprietary blend of whole food, herbs, herbal and whole food extracts, and essential fatty acids is broad and is supported by the vitamins, minerals, lipotropic factors and amino acids to synergistically provide support in the most bioavailable form. Lipotropics (Choline, Inositol, Methionine and Betaine) support the body in the metabolism of fat through the liver, digesting proteins, detoxifying waste, and converting fat into energy. The lipotropic support factors aid in sugar metabolism; fat burning processes; protein, carbohydrate and fat metabolism; and hormone and cholesterol synthesis. In addition to acting as a lipotropic, Methionine is a sulfur donating amino acid that builds protein, aids in muscle building, and energy formation. In order to evaluate change in cholesterol levels, consult with your healthcare practitioner.

"These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease."

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