

NTFACTOR[®] News

Natural, Anti-Aging Energy



Heart Health and Fatigue

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This month we will consider heart health and the ways to insure a healthy cardiovascular system. More people die of cardiovascular diseases and stroke than any other cause, so it is important to consider approaches that will increase your chances of longevity by keeping your cardiovascular system healthy.



The American Heart Association has introduced seven simple ways to keep your heart healthy [1]. Let's consider these simple approaches this month so that we can all keep our hearts healthy.

1. Increase Your Physical Activity.

We all have heard the old phrase "use it or lose it," yet this simple phrase has been held to be amazingly true over time. The facts are clear--by 30 minutes of physical activity each day you can significantly reduce your risk of heart disease [1]. Physical activity is anything that requires you to move your body and burn calories, such as climbing

stairs, walking, jogging, swimming, exercising or playing sports. In the absence of regular physical activity, your body will lose its strength and ability to function, so maintaining physical activity is essential for a longer, healthier life. Physical activity results in lower blood pressure, better control over blood sugar and body weight, reduces stress and generally makes you feel better. Interestingly, people that take NT Factor are more likely to increase their physical activity due to a decrease in overall fatigue. In clinical trials NT Factor reduced overall fatigue from 35-45% [2], and this could allow you to increase your level of physical activity.

2. Control Your Blood Cholesterol Levels.

It's completely normal to have cholesterol in your blood, and it is present in every cell in your body, especially in your cellular membranes. The problem occurs when there is too much blood cholesterol (above a total of 200 milligrams per deciliter of blood), which is a major risk factor for coronary heart disease. Blood cholesterol is mainly present in lipid-protein complexes called lipoproteins that can be distinguished by their densities. High levels of low-density lipoproteins (LDL) or so-called "bad" lipoproteins are a risk factor for heart disease, whereas high levels of high-density lipoproteins (HDL) are the opposite. These are often measured by a ratio of HDL-to-LDL. Interestingly, use of NT Factor can lower your blood cholesterol and improve your HDL/LDL ratios to more heart healthy ratios. For example, a healthy goal would be to keep the HDL/LDL ratio above 0.4. In a clinical trial using Healthy Curb with NT Factor we found that subjects lost weight, girth and body mass while showing reduced blood cholesterol and improved HDL/LDL ratios [3].

3. Eat Healthier and Eat Less.

A healthy diet low in saturated fats, high in vegetables, fruits, fish, poultry, whole-grain and low-fat dairy products will help. The American Heart Association recommends that you eat a wide variety of nutritious foods from each of the basic food groups [1]. In addition to lowering your blood cholesterol, whole-grain foods add fiber, which can help in managing your weight (also see 5, below).

4. Manage Your Blood Pressure.

The American Heart Association lists hypertension or high blood pressure as the most significant risk factor for heart disease. It's called the "silent killer" because it has no observable symptoms. One in

three adults has high blood pressure, yet one in five don't even know that they have it. According to the American Heart Association only 69% of people with high blood pressure are receiving treatment, while only 45% have control over their blood pressure [1]. Controlling high blood pressure is important, because it can lead to stroke, heart attack, kidney failure and even heart failure.

5. Lose Weight.

Among Americans age 20 or older, there are 145 million (77 million men and 68 million women) people that are considered overweight or obese. Obesity is now considered an important independent risk factor for heart disease, and it usually goes along with high blood pressure, high blood cholesterol, a poor HDL/LDL ratio and diabetes [1]. If you are over-weight, then you might consider using Healthy Curb with NT Factor. In clinical trials we have found that using Healthy Curb with NT Factor for two months before meals can reduce your weight by an average of 3 pounds, your waist by an average of 2.5 inches and your hips by an average of 1.5 inches as well as reduce your overall hunger by 44% and even reduce your cravings for sweets. In addition, participants in this clinical trial showed a decrease in overall fatigue of 23%, and their average blood cholesterol levels were lowered and their HDL/LDL ratios improved to more healthy ratios [3].

6. Reduce Your Blood Sugar.

The American Heart Association considers diabetes one of the important major controllable risk factors for cardiovascular disease. Adults with diabetes are 2-4 times more likely to eventually have heart disease or a stroke than adults without diabetes [1]. Diabetes is controllable, but even with control diabetics are more likely to eventually die of cardiovascular diseases or stroke. A healthy diet with less sugar is important to maintaining lower blood sugar levels. Interestingly, Healthy Curb with NT Factor contains a natural sugar uptake inhibitor that can help reduce your blood sugar levels.

7. Quit Smoking.

Smoking is the most important preventable cause of premature deaths in the United States, and smokers have a much greater risk of developing many serious chronic conditions, such as atherosclerosis (which can lead to coronary heart disease), lung disease and cancer. Smoking also decreases your tolerance for physical activity and increases your chance for developing blood clots, peripheral artery disease and stroke.

NT Factor® can help with many of the recommendations of the American Heart Association. NT Factor provides cells with the specific types of membrane lipids that can repair mitochondrial membranes and other cellular membranes and make them functional again. The uniqueness of NT Factor over other lipid supplements is that NTFactor's lipids are required by mitochondria and other cellular organelles for their function, and NT Factor lipids are protected from damage by oxidative free radicals and other factors that damage most lipids before they even reach our cells [4]. Taking NT Factor can also improve your HDL/LDL ratios [3]. Thus NT Factor is not only heart healthy, but it is a safe, useful way to help protect our cardiovascular systems from damage.

References:

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Professor Garth L. Nicolson is the President, Chief Scientific Officer and Research Professor at the Institute for Molecular Medicine in Huntington Beach, California. He is an Emeritus Professor of Pathology and Laboratory Medicine. Professor Nicolson has published over 600 medical and scientific papers, edited 16 books, and served on the Editorial Boards of 30 medical and scientific journals and was the senior editor of four of these. Professor Nicolson has won many awards, such as the Burroughs Wellcome Medal of the Royal Society of Medicine (United Kingdom), Stephen Paget Award of the Metastasis Research Society, the U. S. National Cancer Institute Outstanding Investigator Award, and the Innovative Medicine Award of Canada. He is also a Colonel (Honorary) of the U. S. Army Special Forces and a U. S. Navy SEAL (Honorary) for his work on Armed Forces and veterans' illnesses.

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