

Healthy Diet for Heart also Helps Waistline



A healthy diet can be good for your heart as well as your waistline, according to researchers at Cleveland Clinic.

"You can definitely reduce your risk of developing cardiovascular disease by eating certain foods every day," said Julie Zumpano, RD, LD, a dietitian in the Preventive Cardiology and Nutrition Program at Cleveland Clinic.

She recommends a whole-foods diet. "Try to eat foods that are in their natural form, as they come from the ground," Zumpano said.

That diet includes heart-healthy foods such as fish, whole grains, vegetables and fruits.

However, an occasional treat of a glass of red wine or a piece of dark chocolate is okay, according to Zumpano.

Zumpano suggests the following list of foods as a guide to create meals and snacks with a healthy focus. Just a few simple swaps could make a big difference for your cardiovascular health.

Foods That are Good for Your Heart

- Eat fish high in omega-3s, such as salmon, tuna, mackerel, herring and trout.

- A handful of healthy nuts such as almonds or walnuts will satisfy hunger and help your heart.
- Berries are chock full of heart-healthy phytonutrients and soluble fiber. Try blueberries, strawberries, cranberries or raspberries in cereal or yogurt.
- Flaxseeds contain omega-3 fatty acids, fiber and phytoestrogens to boost heart health. Take them in ground or milled form to reap the greatest benefit.
- Oatmeal: the comfort-food nutrient powerhouse.
- Dark beans, such as kidney or black beans, are high in fiber, B-vitamins, minerals and other nutrients.
- A 4-ounce glass of red wine (up to two for men and one for women per day) can help improve good (HDL) cholesterol levels.
- Try marinated tofu in a stir-fry with fresh veggies for a heart-healthy lunch or dinner.

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CoQ10 Can Benefit Heart in Many Ways

Coenzyme Q10 (CoQ10) is beneficial for heart health in many ways, according to Dr. Andrew Weil, M.D. Research has shown CoQ10 assists in maintaining the normal oxidative state of LDL cholesterol, helps assure circulatory health and supports optimal functioning of the heart muscle. It may also help support the health of vessel walls, according to Weil.

According to a survey by Consumer Lab, Coenzyme Q10 is taken by 53 percent of the population. It is the fifth most popular supplement in the United States.

What is CoQ10?

CoQ10 is a natural antioxidant synthesized by the body. It is found in food, and also is available as a supplement.

Coenzymes support enzymes in their various biochemical functions. CoQ10 is a vital participant in the chain of metabolic chemical reactions that generate energy within cells. It is found in every cell of the body, but is present in higher concentrations in organs with higher energy requirements such as the kidneys, liver and heart.

Many medical studies demonstrate CoQ10 benefits when taken as a supplement, most of which stem from its vital role in oxygen use and energy production, particularly in heart muscle cells, according to Weil.

CoQ10 is not only necessary for producing cellular energy, but also for defending the cells from damage by harmful free radicals, according to Dr. Josh Axe, a certified doctor of natural medicine, doctor of chiropractic and clinical nutritionist.

As a powerful antioxidant, CoQ10 protects the body from damaging oxidative stress. It also recycles vitamin C and vitamin E, further maximizing the antioxidants that are already at work in the body.

As we age our body produces less CoQ10. The natural ability to convert it into ubiquinol also declines as part of the natural aging process. This decline is apparent in people over the age of 40 and particularly in those taking statin drugs. Statins are known to reduce an enzyme in the liver, which not only reduces the production of cholesterol, but also lowers the natural production of CoQ10.

How Much CoQ10 is Needed?

There is no official Daily Value recommendation for CoQ10, but 90 to 120 mg daily has shown benefits for otherwise healthy men and women, according to Weil. CoQ10 is fat-soluble, so it should be taken with a meal containing fat.

Can You Get Enough CoQ10 in Food Alone?

Foods such as fish and meats, and oils from soybean, sesame, and rapeseed (canola) are good dietary sources of CoQ10. However, a typical American diet includes approximately 10 mg of CoQ10 daily, so supplementation is usually necessary, according to Weil.

CoQ10 also has been found to give the following benefits:

- Sustains natural energy
- Boosts stamina
- Defends against free radicals
- Reduces the typical signs of aging
- Restores the power of vitamin E
- Supports a healthy cardiovascular system
- Stabilizes blood sugar
- Supports healthy gums

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Fruits, Vegetables Help Sustain Heart Health

- Red, yellow and orange veggies such as carrots, sweet potatoes, red peppers and acorn squash are packed with carotenoids, fiber and vitamins to help your heart.
- Spinach also is full of heart-healthy nutrients. Use it in sandwiches and salads instead of lettuce.
- Fruits such as oranges, cantaloupes and papaya are rich in beta-carotene, potassium, magnesium and fiber.
- Tender, sweet asparagus is filled with nutrients such as beta-carotene, folate and fiber, and contains only 25 calories per cup, or 5 calories per large spear.
- Tomatoes – even sun-dried varieties in winter months – provide lycopene, vitamin C and alpha- and beta-carotene.
- Dark chocolate is good for your heart health, but be sure that it's at least 70 percent cocoa.
- Crisp, fresh broccoli florets dipped in hummus are a terrific heart-healthy snack with a long list of nutrients, including vitamins C and E, potassium, folate, calcium and fiber.

Recommendations for Exercising in the Heat of Summer



Summertime provides more opportunities to get outside and get active. But when the temperature goes up, outdoor activity can be more challenging because it's easier to become overheated when the sun beats down.

The warm months also bring humidity to many parts of the country. With humidity, sweat doesn't evaporate as quickly, so your body has a harder time releasing heat.

The American Heart Association recently published recommendations for how to safely exercise in the heat of summer.

HERE ARE SOME TIPS TO KEEP IN MIND.

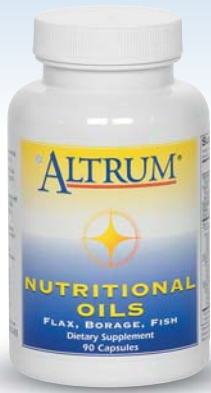
- **Timing is key:** Try to avoid exercising outside in the early afternoon. It's usually hottest between noon and 3 p.m.
- **Hydrate:** Drink water before, during and after physical activity, even if you don't feel thirsty. Bring a bottle of water with you, or plan water stops along your route.
- **Dress for success:** Wear lightweight, light-colored, loose-fitting clothes. Moisture-wicking fabric can help,

along with sunglasses, a hat or visor and plenty of sweat-resistant sunscreen.

- **Listen to your body:** Take frequent breaks in the shade, and drink water before you're thirsty. Allow time to adapt to the heat — some experts say this can take about 4-14 days. You may not be able to work out as long or as hard as usual when it's very hot.
- **Doctor's orders:** Check with a healthcare professional before starting an exercise routine or moving your workout outdoors if you have cardiovascular disease, diabetes, other chronic disease or any medical concerns. Certain medications, such as beta blockers, ace receptor blockers, ace inhibitors, calcium channel blockers and diuretics, can exaggerate the body's response to heat.
- **Buddy up:** It's best to work out with a partner for safety and fun.

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Nutritional Oils

ALTRUM *Nutritional Oils* includes three exceptional sources of essential fatty acids from fish, flaxseed and borage — also known as omegas 3, 6 and 9 — in one comprehensive product. This well-rounded blend supports heart, immune, metabolic, joint and skin health.*

Nutritional Oils

Stock#	Units	Pkg/Size	Wt.Lbs.	Wholesale Price	Catalog Price
DNO01	EA	(1) 90 ct.	0.4	22.75	33.95
DNO01	CA	(6) 90 ct.	2.4	129.90	202.30



Ultra Omega-3

Ultra Omega-3 is a concentrated omega-3 formula that provides an ideal source of the highest-quality EPA and DHA essential fatty acids from fish oils. It nutritionally helps protect heart, arteries and brain function.*

Ultra Omega-3

Stock#	Units	Pkg/Size	Wt.Lbs.	Wholesale Price	Catalog Price
DUO01	EA	(1) 60 ct.	0.2	9.00	12.35
DUO01	CA	(6) 60 ct.	1.2	51.60	73.55

Coenzyme Q-10

Coenzyme Q-10 is an antioxidant supplement that may protect heart health and support normal cardiovascular function.*

Each capsule contains 60 mg of CoQ-10.*

Coenzyme Q-10

Stock#	Units	Pkg/Size	Wt.Lbs.	Wholesale Price	Catalog Price
DEQ01	EA	(1) 60 ct.	0.1	17.50	26.15
DEQ01	CA	(6) 60 ct.	0.8	100.20	156.25

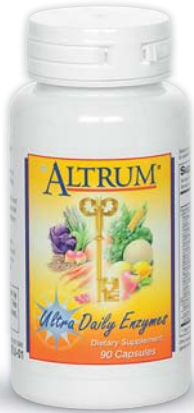


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A Superior Digestive Formula



Ultra Daily Enzymes

Ultra Daily Enzymes is a superior digestive aid. Ultra Daily Enzymes is an advanced reformulation of our original enzyme formula, Daily Enzyme Support. Ultra Daily Enzymes contains higher potencies of the original premium digestive enzymes, along with seven additional health-enhancing enzymes.

Ultra Daily Enzymes

Stock#	Units	Pkg/Size	Wt.Lbs.	Wholesale Price	Catalog Price
DEU01	EA	(1) 90 ct.	0.2	24.85	37.05
DEU01	CA	(6) 90 ct.	1.2	142.20	221.45

Too Few Enzymes

Metabolic enzymes are the keys to cell life; they power every biological process.

The human body also requires specific digestive enzymes for normal digestion. A deficiency of digestive enzymes causes the body to divert metabolic enzymes to the work of digestion and robs the body of the benefits of those enzymes. This process depletes energy stores and ages the body ahead of its time.*

Most adults don't have enough digestive enzymes in their systems because cooking and processing food destroys the natural enzymes present in raw foods.*

Moreover, our bodies produce fewer digestive enzymes as we age. This lack of enzymes leads to poor digestion.

Poor Digestion Leads to Poor Energy

Food provides the basic nutrients required for energy, growth and healing. However, even eating a balanced, healthy diet won't do any good unless your body has the digestive enzymes to break down what you eat into absorbable nutrients.*

As digestive enzyme levels decrease, digestive problems can lead to nutrient deficiencies, obesity, gas, bloating, indigestion, acid reflux, sluggishness, chronic fatigue, candida, parasites, high cholesterol and a host of other health problems.*

How To Use Ultra Daily Enzymes

ALTRUM Ultra Daily Enzymes contain proven, powerful digestive enzymes. Regular use may help eliminate digestive problems and supply your body with better absorption of nutrients from the food you eat.*

Take one capsule per meal, or break open a capsule and sprinkle on food or mix in water for even faster digestive action to help you feel better faster. Take an extra capsule to help digest heavier meals or to combat indigestion, heartburn or bloating.*

Ultra Daily Enzymes also may help the following:

- Relieve indigestion*
- Increase stamina and energy*
- Strengthen immune system*
- Help digest fats*
- Eliminate gas and toxins*
- Slow aging*

Enzymes unlock food's nutrients and turn the food we eat into energy that our bodies can use.*



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