



spotlight on health

Natural Tips For Better Heart Health

By Lorna R. Vanderhaeghe

(NAPSA)—When it comes to heart health, there are few things as controversial as cholesterol, and few substances about which there is more confusion.

For instance, fewer than 10 percent of people with high cholesterol actually require medication to keep levels in check.

This is probably a shock to most people, considering that cholesterol-lowering statins are some of the most prescribed drugs in North America today. But the fact is, 900 out of 1,000 people can control their cholesterol levels with dietary changes and nutritional supplements alone.

That means for most people, the prescription for better heart health is simple: See your doctor, exercise, eat lean sources of protein along with plenty of fruits, vegetables and grains, and learn about heart-healthy supplements. Sytrinol®, for example, supports healthy cholesterol levels naturally, and has been shown, in a published study, to improve total cholesterol by up to 30 percent in 30 days.

Sytrinol is a patented formula derived from citrus bioflavonoids and palm tocotrienols. It helps to not only reduce levels of “bad” cholesterol, but also boosts HDL, or “good” cholesterol.

Of course, stress levels play a role in heart health as well. In



Supplements could play an important role in heart health.

fact, stress itself is toxic for the heart. (Panic attacks are often mistaken for heart attacks, highlighting this very fundamental connection.) Fortunately, there are various anti-stress and mental health strategies you can employ to control stress throughout the day. Be certain to find the technique that works best for you. Your heart will thank you.

For further information, visit www.drbrvitamins.com or call (800) 333-6977.

• *Lorna R. Vanderhaeghe, MS, is a woman's health expert who has been writing on the subject of nutritional medicine for over 25 years. For information on her new book, "Your 30 Day Heart Smart Solution," visit www.healthyimmunity.com.*