

Heart Healthy Cardio-Lipid

“100 million people are prescribed statins, yet 52% of patients may not be telling their doctor that they are not taking their medication.”

We leave our normal video magazine format to a more didactic session on lipids. Did you know that 25% of patients don't fill prescription meds for lipid control, and of the ones that do, 25% of those don't fill their second prescription due to the side effects or fear of complications. This shows how many people are uncomfortable with the pharmaceutical industry and that many of your patients are open to natural therapies for cardiovascular prevention. 100 million people are prescribed statins, yet some studies show 52% of patients may not be telling their doctor that they are not taking their medication.

Knowing this, Dr. Mark Houston has researched and clinically tested nutritional alternatives for decades. Together, with Biotics Research, he developed a product called Cardio-Lipid to meet this need. I have a link to a webinar given by Dr. Houston as he discusses the rationale and dosage recommendations behind Cardio-Lipid. He spends the first 20 minutes describing the science behind the 5 ingredi-



ents and their synergistic value and the next 35 minutes answering clinician's questions. Dr. Houston holds 3 post graduate fellowships in internal medicine, anti-aging, and hypertension, so his understanding on lipid therapies is invaluable.

What's exciting to me about this formula is that it goes beyond reducing LDL cholesterol numbers. LDL cholesterol is present as a repair mechanism. The goal of Cardio-Lipid is to support the repair process. Based on his webinar and his personal comments, I am going to cherry pick the highlights that are interesting to me, but I

know you will want to watch his complete presentation for more details and references.

His opening slide shows the benefits of Cardio-Lipid based on a double-blind placebo controlled clinical study he did at his institute. He found it: reduces total cholesterol, reduces LDL, reduces LPL P (which stands for the LDL particle number), reduces apolipoprotein B, lowers triglycerides and VLDL, increases HDL, increases the HDL particle number, no change or increase in coenzyme Q10, reduces high sensitivity CRP, lowers oxidized LDL, which is really the most potent modifier

causing the greatest damage. It also may reduce blood pressure in some patients.

Each capsule of Cardio-Lipid contains Red Yeast Rice 267 mg, phytosterols 233 mg, odorless garlic 111 mg, berberine 56 mg, and delta-tocotrienols 9 mg. He discusses in detail how to determine how many capsules are needed based on LDL numbers. As you know, Red Yeast Rice is not a statin, but lowers LDL cholesterol like a statin, but also contains a plethora of positive benefits. It has been shown to reduce hs-CRP, ox-LDL, and ApoB.

Dr. Houston shared an interesting study with 5000 Chinese patients with previous myocardial infarctions who received 600 mg of Red Yeast Rice for 4.5 years vs. placebo. For those taking Red Yeast Rice, cardiovascular mortality decreased 30%, and total mortality was reduced by 33%. You may remember some of the Red Yeast Rice products were removed from the market due to mycotoxins. Biotics Research does a thorough screening on all raw materials to make sure toxins, especially mycotoxins, are not present before they are released to be manufactured.

Phytosterols have been effective in lipid control, but perhaps the greatest benefit is the inflammatory support by reducing CRP, IL6, TNF alpha, and fibrinogen. Garlic has been shown in 39 trials to support dyslipidemia therapies, but of interest is the reduction in coronary calcium and plaque progression in humans. It also improves ED (endothelial dysfunction) and pulse wave velocity. Aged odorless garlic was the most effective and the form contained in Cardio-Lipid.

Berberine has a plethora of benefits including increasing the production of AMPK, an alternative energy source. Also, it is a natural PCSK9 inhibitor. PCSK9 regulates how many LDL receptors you have. Studies have shown that if you have naturally high PCSK9, you are more likely to have high cholesterol. It is also a natural ace-inhibitor which is one reason why

Cardio-Lipid may reduce blood pressure. You can see a link to an earlier discussion of berberine.

Delta-tocotrienol is in the vitamin E family and found to be the most deficient fraction. It has many benefits. The one that is most exciting to me is that it goes into the mitochondria to increase mitochondrial Coenzyme Q10. The dosing on this product is based on the therapeutic goals you set for your patient. When the therapeutic goal is to reduce LDL levels by 22%, take 1 capsule three times a day with food. When the therapeutic goal is to reduce LDL levels by 33%, take 3 capsules in the am with food and 3 at night also with food. When the therapeutic goal is to reduce LDL levels by 50%, take 4 capsules in the am with food and 5 at night with food, which is the maximum dose. He noted that these are common reductions and that results may vary, some more and some less depending on one's genetics.

Dr. Houston shared that the beauty of this product is that it's an all-in-one comprehensive formula. Patients would need 4 different products to receive the same benefits. Dr. Houston also shared that based on his clinical experience with Cardio-Lipid, this is not just a lipid lowering product, but truly a cardiovascular health promoting product.

There is a link to the right to watch Dr. Houston's 55-minute webinar. I hope you take time to watch it. There are so many clinical pearls that you will be able to apply with your patients. Given that 25% of patients are not filling their prescription meds for lipid control, and of the ones that do, 25% of those do not fill their second prescription due to the side effects or fear of complications. I think you can see that many of your patients are open to natural therapies for cardiovascular prevention.

Thanks for taking time to be with me today. I look forward to being with you again next Tuesday.