

Index

- AA/EPA ratio, 67, 213, 227
abdominal fat, 39, 41
Accupril, 87
ACE (angiotensin-converting enzyme) inhibitors, 73, 86–88
adenosine triphosphate (ATP) and NSAIDs, 90
 role and importance of, 44, 82, 135–36
 and statin drugs, 82
 supplements supporting production of, 45
 See also CoQ10 (Coenzyme Q10); D-ribose; L-carnitine
aging process, 137, 145, 199
AHA. *See* American Heart Association (AHA)
alcoholics, 102
Aleve, 90–91
Alfred Hospital, in Melbourne, Australia, 142, 201
alpha blockers, 89
alpha-lipoic acid, 57
alpha-tocopherol, 128, 129
Altace, 87
alternative therapies
 chelation therapy, 1, 115, 163–69, 208
 integrated with conventional medicine, 2–3
 nanobacteria therapy, 222
 success stories, 202–3
 See also supplements
Alzheimer's disease, 69, 81
American Academy of Periodontology, 45
American Heart Association (AHA)
 chelation therapy, 164
 cholesterol focus, 36
 CVD screening, 18
 diet guidelines, 172, 174
 fish oil recommendation, 100
 IMT endorsement, 74
 stress management recommendations, 197–98
American Journal of Cardiology, 82, 103
American Journal of Clinical Nutrition, 141
AminoCarnitines, 155
anger, 50
angina
 and ACE inhibitors, 87
 after exercise, 154
 CoQ10 treatment, 136, 150, 152
 D-ribose treatment, 136, 159, 161

- angina (*continued*)
 as heart attack symptom, 6
 L-arginine treatment, 111
 L-carnitine treatment, 136
 Lp(a) testing, 41
 lumbrokinase treatment, 107
 medical evaluation, 8
 nitroglycerin use, 1, 120–21, 206
 angiograms, 62, 64–65
 angioplasty, 12, 41, 42, 116, 125
 angiotensin-converting enzyme (ACE) inhibitors, 73, 86–88
 angiotensin receptor blockers (ARBs), 88
 animal companionship, 197
 antidepressants, 145
 antioxidants
 cost of, 84
 to counteract radiation exposure, 57
 food high in, 176–77
 and free radicals, 44
 research, 96
See also CoQ10 (Coenzyme Q10); vitamin C; vitamin E
 APO E2/E3/E4 Alleles, 68–69
 ARBs (angiotensin receptor blockers), 88
 arrhythmia
 CoQ10 treatment, 150, 152
 fish oil treatment, 99
 Holter monitor test, 64
 and magnesium deficiency, 102
 and plaque rupture, 29
 arteries
 endothelium, 19–20, 22, 109, 120–21
 “hot spots” for blockage, 21–22
See also atherosclerosis; coronary artery disease (CAD); inflammation
 arthritis, 91
 Asian diet, 174
 aspirin, 90, 129
 astaxanthin, 101
 atherosclerosis
 and ACE inhibitors, 87
 early signs of, 20–21
 EECF program, 209
 and nanobacteria, 47
 nattokinase/lumbrokinase treatment, 108
 niacin treatment, 122
 and stress, 50
 vitamin C treatment, 115, 117–18
 and vitamin K-2, 132
 athletes, 145, 160, 161
 Atkins diet, 179–80
 ATP. *See* adenosine triphosphate (ATP)
 attitude, 195–97
 autonomic nervous system (ANS), 51
 B-6, 40
 B-12, 40
 bacteria, 45–47, 222, 227
 B-complex vitamins, 40, 121–27, 205
 Becker, Diane M., 195
 Benson, Herbert, 192
 Berk, Lee, 190
 beta blockers, 88–89, 152
 beta-carotene, 132
 Bextra, 90–91
 bioenergetics, 44–45
 bioflavonoids, 94, 119, 176
 bioidenticals, 220
 birth control pills, 42
 blood clots, 51, 84–85, 105–9
 blood donation, 218
 blood pressure. *See* high blood pressure
 blood sugar, 38–39, 213–14
 blood tests, 65–67, 210–14, 217–18
 blood viscosity, 217–18, 227

- body type, 39
 bone density, 48
 bone fractures, risk lowered by
 statins, 80–81
 breast cancer, 84
 bromelain, 90
 bypass surgery
 antioxidant use, 96
 cardiac rehab, 200
 CoQ10 treatment, 142–43
 fish oil treatment, 99
 and Lp(a) levels, 41
 number performed in U.S., 143
 vitamin C treatment, 116
 vitamin E treatment, 129
- CAD. *See* coronary artery disease (CAD)
- cadmium, 49
 calcific aortic stenosis, 80
 calcium, 102
 calcium blockers, 89–90
 calcium deposits, 27–28, 71–73, 84
 cancer, 81, 84
 Cannon, Walter, 50
 Capoten, 87
 carbohydrates, 172–73, 175–76, 230–31
 cardiology
 future of, 223–24
 integrative medicine, 2–3, 201–3, 225–26
 new vs. old philosophy, 29–30
 cardiomyopathy, 138, 154, 158, 161
 cardiovascular disease (CVD)
 and cholesterol, 31, 36
 gender-specific issues, 9–11
 and inflammation, 4, 17–18
 prevalence of, 3
 research, 35–37
 risk factors, 6–11, 124
 treatment philosophy, 4
 in young people, 20–21
- See also specific index headings*
- cardiovascular system, 18–19, 21–22
 Carlson, Lars, 122
 carotid angiograms, 65
 carotid arteries, 22
 carotid artery intima media thickness (IMT), 73–74
 Celebrex, 90–91
 Centers for Disease Control and Prevention, 18
 cheese, 181
 chelation therapy, 1, 115, 163–69, 208
 chest pain. *See* angina
 chicken, 178, 182
 cholesterol
 and cardiovascular disease, 31, 36
 diet and supplement regimen, 212
 function of, 32–33, 36
 and inflammation, 24
 and lipoproteins, 32
 misunderstandings about, 35–37
 research, 35–37
 target levels, 36
 types of, 33–35
 See also HDL (high-density lipoprotein) cholesterol; LDL (low-density lipoprotein) cholesterol
 cholesterol-lowering drugs, 41, 62.
 See also statin drugs
 chondroitin, 91
 chronic fatigue syndrome, 158
 Ciftcioglu, Neva, 47
 cinnamon, 182
 Cleveland Clinic, 120
 Clinton, Bill, 6
 CoQ10 (coenzyme Q10)
 absorption, 151
 and ATP production, 45, 82, 135–36, 137
 benefits of, 136–41
 and beta blockers, 152

- CoQ10 (*continued*)
 deficiency of, 144–46
 diabetic patients, 144
 dosage, 146–47, 150, 204, 210
 for energy enhancement, 185
 estimated cost of, 208
 fish as source of, 182
 formulations, 146, 148–50
 function of, 137
 and gum disease, 144, 145, 222
 healthy blood values, 210
 for healthy people, 216
 heart attack patients, 141
 heart surgery patients, 142–43
 high blood pressure patients,
 143–44
 physicians' lack of knowledge
 about, 143
 precautions, 151–52
 for radiation exposure treatment,
 57
 research, 137–43
 and statin drugs, 84, 145–46
 success stories, 1, 134–35, 146–47
 with vitamin E, 128, 141
- Coreg, 89
- coronary arteries, 21
- coronary artery disease (CAD)
 D-ribose treatment, 158, 160
 L-carnitine treatment, 152
 number of deaths attributed to, 3
 risk factors, 71
 symptoms, 6–7
- cost, of health care, 207–8
- Coumadin, 84–86, 100, 106, 130,
 133, 152
- COX-2 (cyclooxygenase-2), 177
- C-reactive protein (CRP)
 and CoQ10 combined with vita-
 min E, 141
 definition of, 17
 function of, 26
 healthy blood test value, 210
 and heart attack/stroke risk, 41
 laboratory tests, 18
 recommended supplement and
 drug regimen, 18
 research, 17
 and vitamin C, 116
- Crestor, 76, 78–79
- CRP. *See* C-reactive protein (CRP)
- CT scanning, 64–65
- CVD. *See* cardiovascular disease
 (CVD)
- Delany, Richard M., 70
- depression, 50, 89, 191, 200
- detox, from toxic metals, 163–71
- DetoxMaxPlus, 114–15, 167–69,
 204
- DHA (docosahexaenoic acid), 98
- diabetic patients
 CoQ10 treatment, 144
 and CRP levels, 41
 D-ribose treatment, 162
 fish oil treatment, 101
 magnesium deficiency, 103–4
 nattokinase, 106
 pomegranate juice, 131
 risk factors, 38–39
- diastolic dysfunction, 83, 157
- diet and diet plans
 American Heart Association
 guidelines, 172, 174
 Atkins plan, 179–80
 carbohydrates, 172–73
 and CoQ10 deficiency, 144–45
 fish, 50, 178, 181, 182
 and magnesium deficiency, 102–3
 natto, 133
 PAM program, 174–82
 South Beach plan, 180
 Zone program, 175
- Digoxin, 158
- diuretics, 104, 138
- DNA testing, 56, 68–70

- docosahexaenoic acid (DHA), 98
- D-ribose
 and ATP production, 45
 benefits of, 157–58
 dosage, 160–62, 204
 for energy enhancement, 185
 estimated cost of, 208
 foods containing, 156
 formulations, 161
 research, 159–60
 success stories, 156–57, 159
- drugs. *See* medication
- EBT (electron beam computerized tomography), 71–73
- echocardiograms, 63
- EDTA (ethylenediaminetetraacetic acid) chelation therapy, 115, 163–69, 208
- EECP (enhanced external counterpulsation) program, 157, 209
- eicosanoids, 99
- eicosapentaenoic acid (EPA), 98
- EKGs (electrocardiograms), 62, 63
- electrocardiograms (EKGs), 62, 63
- electron beam computerized tomography (EBT), 71–73
- Eliot, Robert S., 188–89
- endothelium, 19–20, 22, 109, 120–21. *See also* inflammation
- energy, personal, 158, 184–85
- enhanced external counterpulsation (EECP) program, 157, 209
- EPA (eicosapentaenoic acid), 98
- EPL (essential phospholipids), 33, 113–15
- erectile dysfunction (ED), 9, 89, 110, 111
- Essentiale, 114
- essential phospholipids (EPL), 33, 113–15
- estrogen, 42–43, 52, 65, 219–20
- exercise, 183–87, 200, 217
- exercise stress test (exercise EKG), 64
- faith, 192, 194–95
- far infrared sauna (FIR), 170
- fatigue, 43
- fats, 113, 116, 177
- FDA (Food and Drug Administration), 54, 78, 98, 125, 145
- ferritin, 42–43, 67, 211, 218–19
- fibrin, 106
- fibrinogen, 42, 211
- fibromyalgia, 158
- fight-or-flight response, 50
- fish, 50, 178, 181, 182
- fish oil
 for arthritis treatment, 91
 vs. aspirin, 90
 benefits, 97–99
 with Coumadin, 86
 dosage, 100, 204
 estimated cost of, 208
 for healthy people, 215
 for high coronary calcium score/high CRP patients, 73
 precautions, 100–101
 research, 99–100
 when to take, 206
- flavonoids, 94, 119, 176
- flaxseed oil, 98
- folic acid, 40, 124–26, 127
- Folkers, Karl, 137–38, 140
- Food and Drug Administration (FDA), 54, 78, 98, 125, 145
- Framingham Heart Study, 7, 9, 35–36, 125
- free radicals, 34, 43–44, 79, 128
- French paradox, 37
- Friedman, Meyer, 51
- fruits, 175–76, 182
- FUD factor, 189
- gamma-tocopherol, 141

- garlic and garlic supplements, 86, 90, 129–30, 179, 205
- gastrointestinal bleeding, 90, 100
- genetics
 - and cardiovascular disease, 55–56
 - and fibrinogen, 42
 - and Lp(a), 40
 - role of, 216–17
- genetic testing, 56, 68–70
- gingivitis, 45–46
- ginkgo biloba, in combination with Coumadin, 86
- glucosamine, 91
- glutathione, 49
- glycemic index, 173, 230–31
- green tea, 176–77
- gum disease, 45–46, 137, 144, 145, 220–22

- Hansen, Katja, 222
- hardening of arteries. *See* atherosclerosis
- Harman, Denham, 43
- Harvard University
 - inflammation study, 17
 - Nurses' Health Study, 48, 125
 - trans-fatty acids, 53–54
- HDL (high-density lipoprotein) cholesterol
 - fish oil for raising, 99
 - function of, 33–34
 - niacin treatment, 121–24
 - recommended diet and supplement regimen, 212
 - and soy products, 179
 - target levels, 36, 212
- healing, four pillars of, 200–201
- health care system, 207
- heart, 18–19
- heart attacks
 - ACE inhibitor use after, 87
 - beta blocker use after, 88
 - and calcium blockers, 89–90
 - cardiac rehab programs, 200
 - causes of, 29
 - CoQ10 treatment, 141
 - and CRP levels, 41
 - L-arginine use after, 111–13
 - and painkiller medications, 90–91
 - prevention of, 214–16
 - risk factors, 23
 - vs. strokes, 7–8
 - symptoms of, 6
 - vitamin C use after, 116
- heart failure
 - CoQ10 treatment, 138, 139–40, 150
 - and depression, 191
 - D-ribose treatment, 158, 161
 - emergence of, 28–29
 - L-arginine treatment, 111
 - L-carnitine treatment, 152, 154–55
 - and statin drugs, 82
- Heart Protection Study, 77
- heart transplants, 140
- heat therapies, 170–71
- hemoglobin A1C, 68, 214
- hemorrhagic strokes, 8
- herpes, 113
- high blood pressure
 - ACE inhibitors, 86–88
 - beta blockers, 88–89
 - causes of, 55
 - consequences of, 55
 - CoQ10 treatment, 137, 143–44, 150, 152
 - D-ribose treatment, 157
 - L-arginine treatment, 111
 - and lead exposure, 48
 - and pomegranate juice, 131
 - soy products, 179
 - and testosterone, 56
 - and transcendental meditation, 192–93
 - vitamin C treatment, 116

- Hoffer, Abram, 123, 124
 Holsworth, Ralph E., 106
 Holter monitor, 64
 homocysteine, 39–40, 69–70, 108, 124–26, 211
 Honolulu Heart Program, 103
 hormone replacement therapy, 52–53, 219–20
 hormones, 52–53, 65, 219–20
 Human Genome Project, 55
 hypertension. *See* high blood pressure
 hyperviscosity, 105
- immune system, 22–23, 137
 IMT (carotid artery intima media thickness), 73–74
 infections, 41
 inflammation
 and ACE inhibitors, 87
 arterial “hot spots,” 21–22
 and cardiovascular system, 18–20
 and immune system, 22–23
 importance in cardiovascular disease, 4, 17–18
 research, 17–18
 stages of, 23–30
 statin drug treatment, 77–79
 unhealthy habits contributing to, 20
 in young people, 20–21
 See also atherosclerosis; plaque
- Ingwall, Joanne, 136
 inotropic agents, 158
 insulin elevation and insulin resistance
 AHA diet issues, 174
 and CRP levels, 41
 diet and exercise for, 213, 217
 effects of, 38–39, 173
 and fibrinogen levels, 42
 supplement treatment, 214
 tests for, 213–14
- integrative medicine, 2–3, 201–3, 225–26
 interleukin-1 (IL-1), 26
 interleukin-6 (IL-6), 26, 41
 intermittent claudication, 29
 iron, 42–43, 67, 105, 119, 218–19
 iron supplements, 43
 ischemia, 157
- Jiang, Wei, 191
 Johns Hopkins, 111–12, 194
Journal of the American Medical Association, 93, 111, 125
Journal of Medical Genetics, 199
- Kajander, Olavi, 47
 Keyes, Paul H., 221
 Keys, Ancel, 35
 kidney dysfunction or failure, 105, 115, 164
 King’s College, 126
 Krebs, Hans, 117
- laboratories performing New Cardiology tests, 226–27
 Langsjoen, Per, 138
 Langsjoen, Peter, 139
 L-arginine
 and ACE inhibitors, 87
 after heart attack, 111–13
 benefits of, 109–10
 dosage, 111, 204
 estimated cost of, 208
 formulations, 111
 nitric oxide from, 127
 precautions, 111–13
 research, 110–11
 when to take, 206
- laughter, 190–91
 L-carnitine
 and ATP production, 2, 45
 benefits of, 154–55
 deficiency in, 153

- L-carnitine (*continued*)
 dosage, 155, 204
 for energy enhancement, 185
 estimated cost of, 208
 formulations, 155–56
 function of, 152–53
 research, 153–55
 when to take, 206
- LCAT (lecithin cholesterol acyl transferase), 33
- LDL (low-density lipoprotein) cholesterol
 function of, 32, 34
 and inflammation, 24, 25
 niacin treatment, 121–24
 oxidization of, 42, 43–44, 49, 53, 141, 212
 recommended diet and supplement regimen, 212
 and soy products, 179
 target levels, 212
See also statin drugs
- lead, 47–48, 116, 163, 170–71
- lecithin, 114
- lecithin cholesterol acyl transferase (LCAT), 33
- left anterior descending artery, 21
- Lescol, 76
- lifestyle issues, 217
- lipids, 113
- Lipitor, 76
- lipoproteins, 32, 34–35. *See also* Lp(a) levels
- Lipostabil, 114
- liver problems, 124
- L-lysine, 205, 208
- Lotensin, 87
- love, 191–92
- Lp(a) levels
 fish oil treatment, 99
 function of, 34–35
 L-carnitine treatment, 155
 L-lysine treatment, 205
- L-proline treatment, 205
 menopausal women, 41
 nattokinase/lumbrokinase treatment, 108
 niacin, 122
 recommended supplement regimen, 211
 testing, 41
 and trans-fatty acids, 53
 and vitamin C deficiency, 40–41
 vitamin C treatment, 117, 120
- L-proline, 205, 208
- Luft, Rolf, 137
- lumbrokinase, 105–9, 204, 206
- Lyon Diet Heart Study, 37
- macrophages, 25
- macular degeneration, 81
- magnesium
 benefits of, 101–2
 deficiency of, 102–3, 195
 dosage, 104, 204
 for energy enhancement, 185
 estimated cost of, 208
 formulations, 104
 for healthy people, 216
 in place of calcium blockers, 90
 precautions, 104–5
 research, 103–4
- magnetic molecular energizer (MME) therapy, 210
- marital effect, 191–92
- Marshall, Barry, 47
- McCully, Kilmer, 39, 124
- meat, 178
- medication
 ACE inhibitors, 86–88
 angiotensin receptor blockers (ARBs), 88
 aspirin, 90
 beta blockers, 88–89, 152
 calcium blockers, 89–90

- Coumadin, 84–86, 100, 106, 130, 133, 152
 inotropic agents, 158
 painkillers, 90–91
 with supplements, 132
See also statin drugs
 meditation, 192–94
 Mediterranean diet, 37, 174
 memory, 36
 men
 atherosclerosis, 21
 erectile dysfunction (ED), 9, 89, 110, 111
 heart attack symptoms, 6
 ideal waist size, 39
 menopause
 bone density, 48
 heart attack risk, 42–43
 hormone replacement therapy, 52–53
 iron excess, 119
 Lp(a) levels, 41
 magnesium deficiency, 101
 mental health issues, 50, 89, 191, 200–201
 mercury, 49–50, 170, 182
 metabolic cardiology, 136
 metabolic syndrome, 65, 67–68, 184
 Metformin, 127
 metals, toxic, 47–50, 163–71
 methionine, 40
 methylation, 69
 Mevacor, 76, 111
 migraines, 113
 milk, 181
 Miller, Michael, 190
 mini-stroke (transient ischemic attack), 8, 107
 Mitchell, Peter, 137
 mitochondria, 44–45, 153, 158, 184
 mitral valve prolapse, 157
 MME (magnetic molecular energizer) therapy, 210
Molecular Aspects of Medicine, 139
 Monday morning syndrome, 51
 MSM (methylsulfonylmethane), 91
 Mulhall, Douglas, 222
 multiple sclerosis (MS), 81
 multivitamins, 96–97, 204, 206, 208, 215

 N-acetylcysteine, 57, 121, 127
 nanobacteria, 46–47, 222, 227
 National Academy of Sciences, 54
 National Institutes of Health, 192
 natto, 133
 nattokinase, 105–9, 204, 206, 208
 nervous system, 51
New England Journal of Medicine, 219–20
New Zealand Medical Journal, 150
 niacin, 121–24, 208
 niacin flush, 123
 nitric oxide, 79, 87, 109–10, 120–21, 130
 nitroglycerin, 1, 120–21, 206
 nonsteroidal anti-inflammatories (NSAIDs), 90–91
 nuclear stress test, 64
 nutritional supplements. *See* supplements
 nuts, 179

 obesity, 39
 Ohio State, 192
 olive oil, 178–79
 omega-3 fatty acids, 97–98, 177–78.
 See also fish oil
 onions, 176
 oral hygiene, 220–22
 Ornish, Dean, 193–94
 oxidative stress, 43–44
 oxidized LDL, 34, 42, 43–44, 49, 53, 141, 212

 painkillers, 90–91

- PAM (Pan-Asian Mediterranean)
 diet program, 174–82
- parasympathetic nervous system
 (PNS), 51
- Parkinson's disease, 150
- partially hydrogenated oils, 53–54
- Patterson, J. C., 117
- Pauling, Linus, 40–41, 116
- PC (phosphatidylcholine), 33,
 113–15
- Pegaflo Detox, 169
- peripheral vascular disease, 161, 162
- pets, 197
- phosphatidylcholine (PC), 33,
 113–15
- plaque
 calcium score, 71
 definition of, 18
 development of, 23–30
 and fish oil, 99
 and garlic supplements, 130
 and L-arginine, 110
 and magnesium, 101
 and nattokinase/lumbrokinase,
 107
 statin drug treatment, 73, 77,
 78–79
 types of, 18, 28–30
 and vitamin C, 118
- plaque rupture, 29, 87
- Plavix, 109
- polyunsaturated fats, 177
- pomegranate juice, 130–31
- Pravachol, 76
- prepared foods, 180
- preventative measures, for healthy
 people
 importance of, 214–15
 insulin levels, 217
 supplement regimen, 215–16
 testing, 216
- Prinivil, 87
- progestins, 52–53
- protein, 40
- Provera, 52–53
- quercetin, 176
- radiation, 56–57
- red wine, 176
- refined carbohydrates, 173
- relationships, 191–92
- religion, 192, 194–95
- resources, 225–29
- restenosis, after heart surgery, 42,
 125
- Rheolog, 217–18
- rheumatoid arthritis, 23
- Ridker, Paul, 17–18
- risk factors
 assessment of, 6–11
 bacteria, 45–47
 bioenergetics, 44–45
 genetics, 55–56
 high blood pressure, 54–55
 hormones, 52–53
 insulin problems, 38–39
 for men, 9
 oxidative stress, 43–44
 radiation, 56–57
 stress, 50–52
 toxic blood, 39–43
 toxic metals, 47–50
 trans-fatty acids, 53–54
 for women, 9, 11, 23
- Rosenfeldt, Franklin, 142, 201
- Rosenman, Ray, 51
- Saint-John's-wort, in combination
 with Coumadin, 86
- salmon, 181
- San Diego State University, 191
- saturated fats, 177, 178, 180
- saunas, 170–71
- screening tests. *See* testing
- scurvy, 116

- Seelig, Mildrid, 195
 selenium, 50, 57
 self-healing, 196–97
 Selye, Hans, 50
 serum ferritin, 67
 Seven Countries Study, 36–37
 Shechter, Michael, 103
 64-slice coronary CT scanning,
 64–65
 smoking and smokers, 42, 44, 49,
 95–96, 120, 126
 sodium, 179
 South Beach diet, 180
 soy products, 179
 St. Vincent Indianapolis Hospital,
 142
 stable plaque, 18, 28–29
 statin drugs
 anti-inflammatory properties, 73,
 77, 79
 benefits of, 77–81
 brand names, 76
 and CoQ10, 84, 145–46
 and D-ribose treatment, 157
 expense of, 83–84
 indications/contraindications, 80
 number of Americans taking, 76
 overuse of, 76, 81, 84
 for plaque reversal, 77, 78–79
 research, 77–79
 side effects of, 78, 81–83, 145
 stent implantation, 42
 Stocker, Roland, 128
 stress and stress management
 American Heart Association’s rec-
 ommendations, 197–98
 attitude, 195–97
 coronary disease risk from,
 50–52
 effects of, 188–89
 faith, 192, 194–95
 and free radicals, 44
 laughter, 190–91
 and magnesium deficiency, 103,
 195
 magnesium treatment, 195
 meditation, 192–94
 relationships, 191–92
 response to, 189
 volunteer work, 198
 stress tests, 62, 64
 strokes
 carotid angiograms, 65
 causes of, 22, 29, 52
 and CRP levels, 41
 vs. heart attacks, 7–8
 prevention with statins, 79
 symptoms of, 8
 use of nattokinase/lumbrokinase
 after, 106, 107, 108
 vitamin E treatment, 129
 Sullivan, Jerome, 42
 supplements
 adverse reactions to, 206
 for arthritis treatment, 91
 “bare-bones” program, 209
 combinations for effectiveness,
 93–96
 estimated cost of, 208–9
 guidelines for, 132
 for healthy people, 90, 215–16
 how to take, 205–6
 list of, 204–5
 with medication, 132
 recommendations by blood test
 abnormality, 210–14
 research, 92–93, 201
 resources for, 227–28
 See also specific supplement names
 support groups, 198
 sweeteners, 181
 sympathetic nervous system (SNS),
 51
 tea, 176–77
 Terjung, Ronald, 161

- testing
- angiograms, 62, 64–65
 - blood work, 65–67, 210–14, 217–18
 - carotid artery intima media thickness (IMT), 73–74
 - echocardiograms, 63
 - electrocardiograms (EKGs), 62, 63
 - electron beam computerized tomography (EBT), 71–73
 - genetic profiles, 56, 68–70
 - for healthy people, 216
 - Holter monitor, 64
 - metabolic syndrome, 65, 67–68
 - stress tests, 62, 64
- testosterone, 52, 56, 65, 208, 219
- thrombosis, 29, 106–7, 108
- thyroid levels, 65
- toxic blood, 39–43
- toxic metals, 47–50, 163–71
- Traber, Margaret G., 129
- transcendental meditation (TM), 192–93
- trans-fatty acids, 53–54, 180
- transient ischemic attack (TIA), 8, 107
- transplants, 140
- triglycerides, 68, 99, 104, 155, 213
- tumor necrosis factor-alpha (TNF-alpha), 26
- type A behavior, 51
- ulcers, 100
- University of Maryland, 190–91
- University of Utah, 77
- unsaturated fats, 177
- unstable plaque, 18, 29–30
- vaccines, 47, 50
- vegetables, 175–76, 182
- vegetarians, 145, 153, 155
- Viagra, 110
- Vioxx, 90–91
- viscosity, of blood, 217–18, 227
- vitamin A, 132
- vitamin B, 121–27, 205
- vitamin C
- benefits of, 83–84, 115–17
 - with bioflavonoids, 94, 119
 - in combination with other antioxidants, 96
 - dosage, 119, 204
 - estimated cost of, 208
 - formulation, 94
 - for healthy people, 216
 - and iron absorption, 219
 - and Lp(a) levels, 40
 - for nitroglycerin users, 121
 - with radiation exposure, 57
 - research, 117–18, 120
 - side effects, 119
 - for smokers, 44, 96
 - with vitamin E, 95, 121, 128
- vitamin E
- as aspirin alternative, 90
 - benefits of, 129
 - in combination with other antioxidants, 96
 - with CoQ10, 128, 141
 - dosage, 128, 205
 - estimated cost of, 208
 - natural vs. alpha-tocopherol, 129
 - with radiation exposure, 57
 - research, 128
 - and smoking, 95
 - with vitamin C, 96, 121, 128
- vitamin K, 85–86, 131–33, 205, 208
- volunteer work, 198
- vulnerable (unstable) plaque, 18, 29–30
- warfarin (Coumadin), 84–86, 100, 106, 130, 133, 152
- Warren, J. Robin, 47
- water, drinking, 182, 219

- weight management, 179–80, 200, 217
- Willis, G. C., 117–18
- willow bark, 91
- wine, 176
- women
 - atherosclerosis in, 21
 - ideal waist size, 39
 - symptoms and risk factors, 6, 9, 11, 23, 42
 - See also* menopause
- Women's Health Study, 17
- X-rays, 56–57
- Yale University, 191
- Zimmer, Heinz-Gerd, 159–60
- Zocor, 76
- Zone diet, 175

