

Herbs for Cardiovascular Health

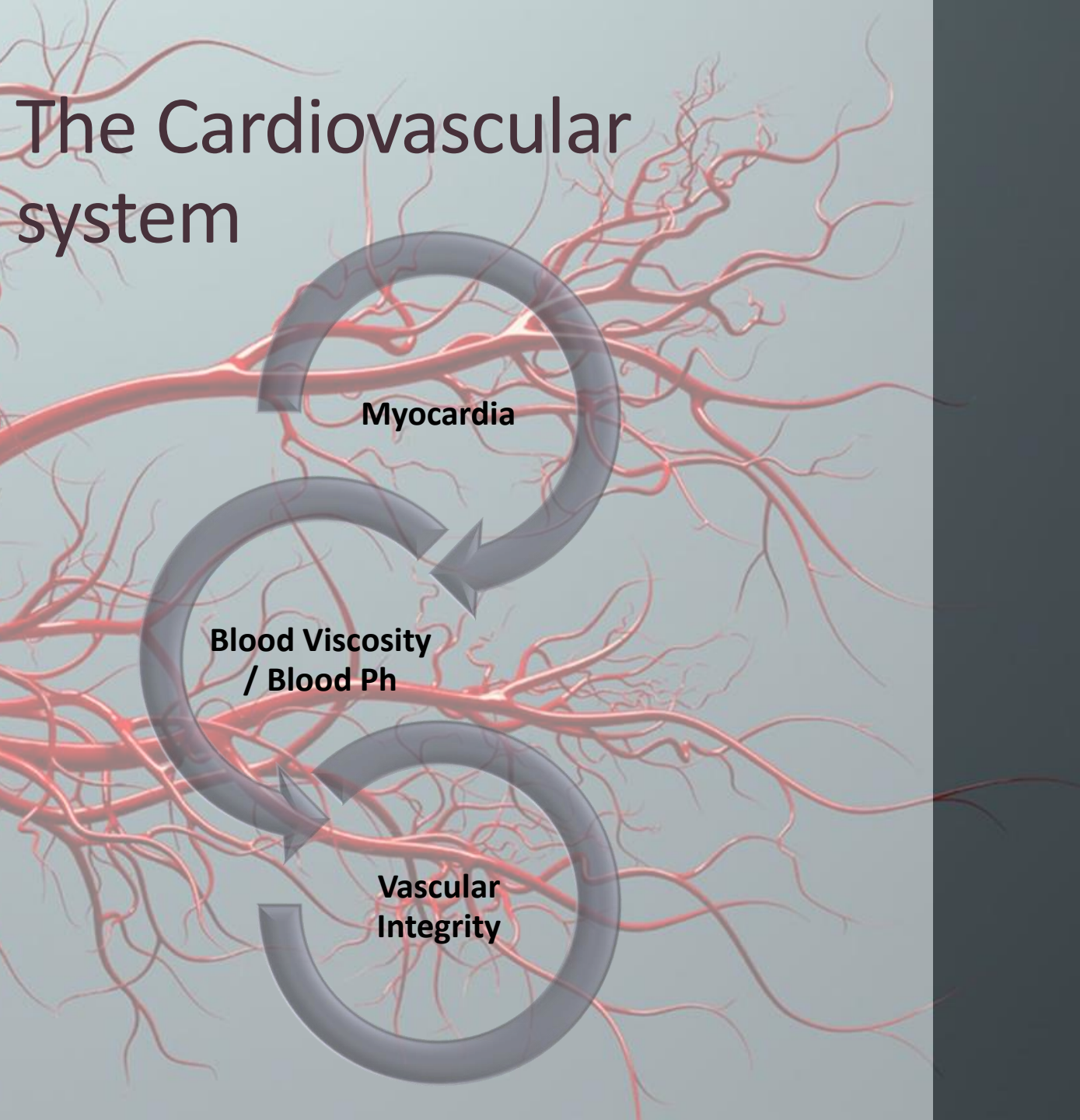
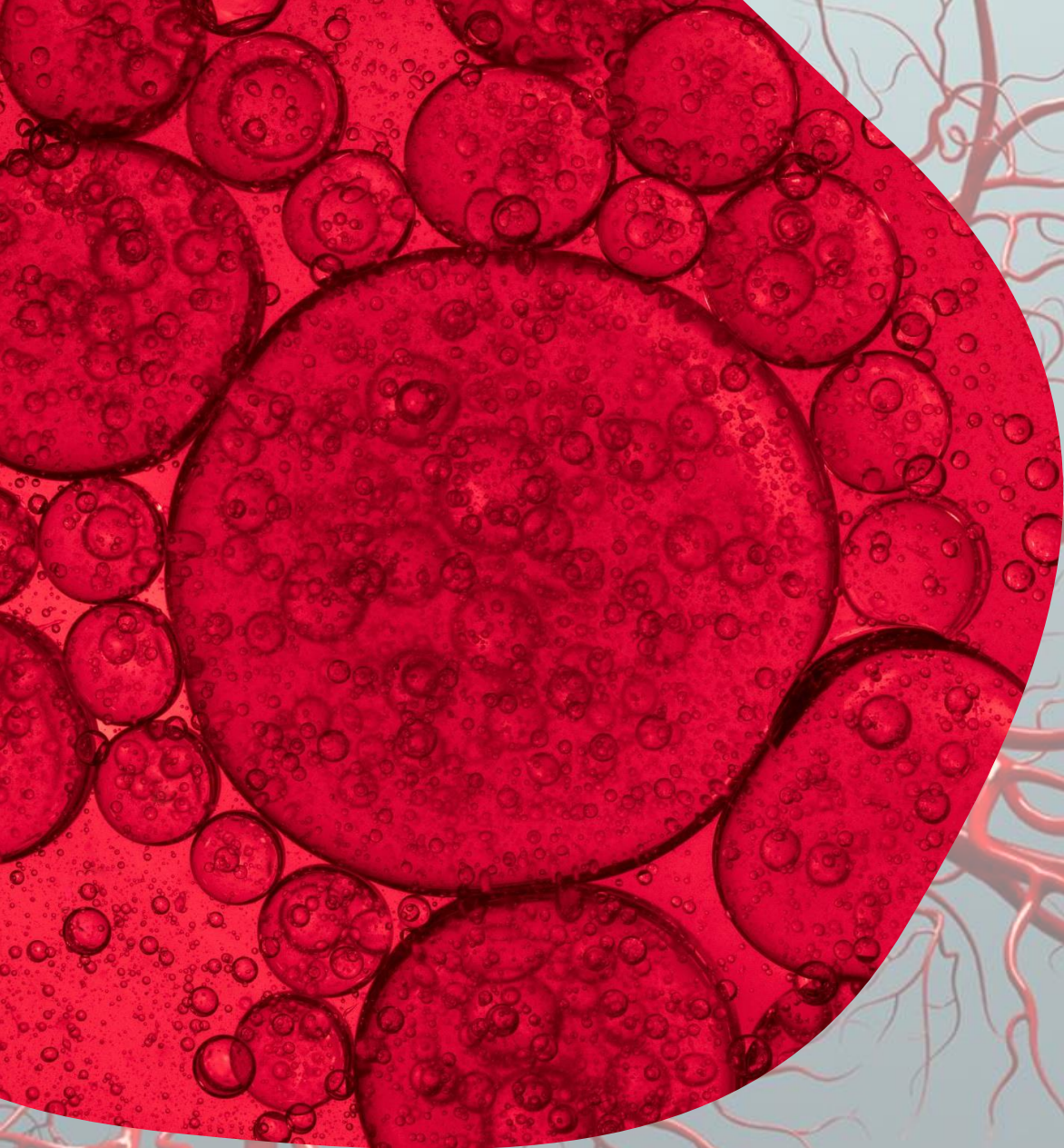
Edward Joy

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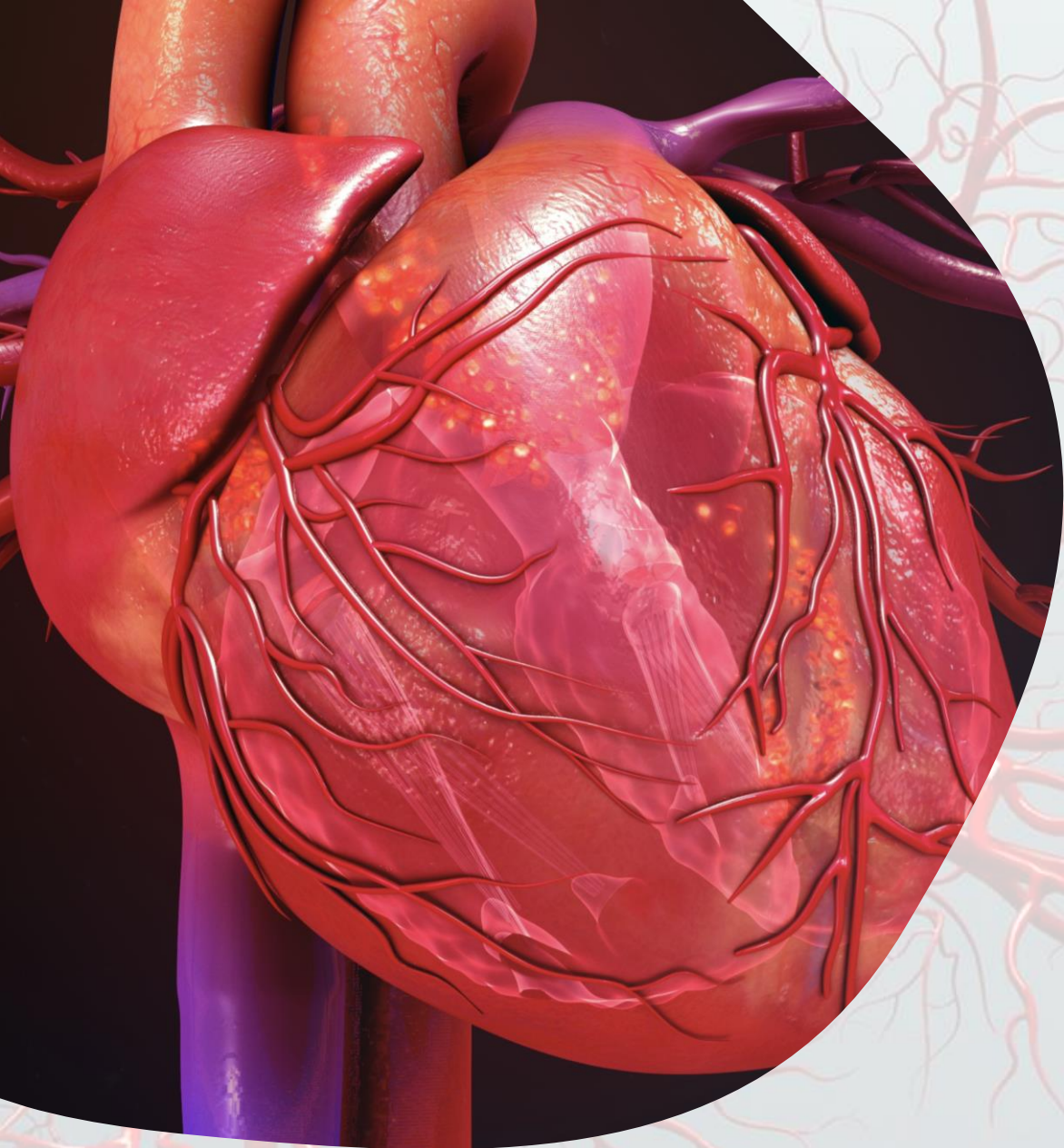
The Cardiovascular system



Myocardia

**Blood Viscosity
/ Blood Ph**

**Vascular
Integrity**



Cardiovascular Disease The World's Biggest Killer

Angina Pectoris

Atherosclerosis

Cardiac Arrhythmia

Congestive Heart Failure

High Blood Pressure

High Homocysteine

High Total and LDL Cholesterol

High Triglycerides

Intermittent Claudication in Peripheral Arterial Disease

Low HDL Cholesterol

Myocardial Infarction

Stroke

Botanical groups

- Thistles and daisies (Asteraceae)
- Spice herbs (Cayenne and Ginger)
- Alliums (Garlic, Onions)
- Teas (camelia sinensis)
- Roses (Rosaceae)
- Mint Herbs (Lamiaceae)
- Grape (Vitis)
- Parsley (Apiaceae)
- Mallows





Artichoke leaf

- **Constituents**
- **Cynarin**
- **Luteolin**
- **Cymaroside**
- **Scolymoside**



Artichoke leaf

- **Cholagogue**
- **Bitter**
- **Digestive**



Artichoke leaf

- Mild diuretic
- Fat binder
- Sugar binder
- Antioxidant
- Hepaprotective
- Vasodilator

Artichoke leaf



Endothelial
cells



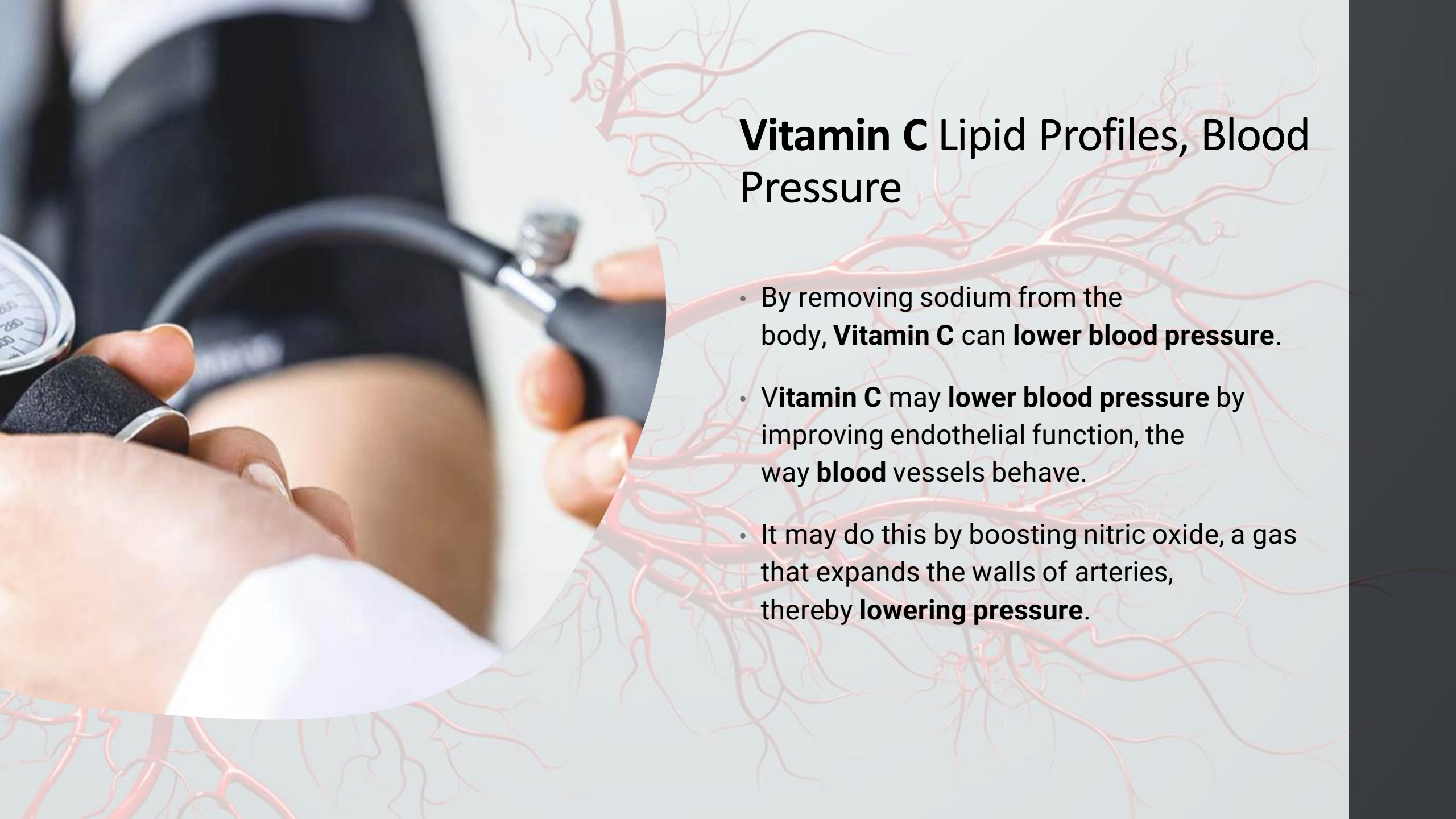


Vitamin C

- **Oral vitamin C reduces arterial stiffness and platelet aggregation in humans.**
- Atherosclerosis is associated with stiffening of conduit arteries and increased platelet activation, partly as a result of reduced bioavailability of nitric oxide (NO), a mediator that normally has a variety of protective effects on blood vessels and platelets.
- Medical researchers explored the impact of vitamin C supplements on both arterial stiffness and platelet aggregation (an important early step in clot formation).¹³ They provided vitamin C in a single 2,000 mg oral dose, or placebo, to healthy male volunteers. Just six hours after supplementation, measures of arterial stiffness decreased by 10% in the supplemented group, and platelet aggregation (as stimulated chemically) by 35%, with no changes at all seen in the placebo group. As the authors point out, this impressive impact of vitamin C even in healthy subjects may imply an even greater effect in patients with atherosclerosis or cardiovascular risk factors, and that “vitamin C supplementation might prove an effective therapy in cardiovascular disease.”

Wilkinson IB, Megson IL, MacCallum H, et al. Oral vitamin C reduces arterial stiffness and platelet aggregation in humans. *J Cardiovasc Pharmacol.* 1999 Nov;34(5):690-3..





Vitamin C Lipid Profiles, Blood Pressure

- By removing sodium from the body, **Vitamin C** can **lower blood pressure**.
- **Vitamin C** may **lower blood pressure** by improving endothelial function, the way **blood** vessels behave.
- It may do this by boosting nitric oxide, a gas that expands the walls of arteries, thereby **lowering pressure**.



Vitamin C

- Myocardia
- Blood Viscosity / Blood Ph
- Vascular Integrity

Garlic

- Interest in garlic and its potential to prevent cardiovascular disease began with observations that people living near the Mediterranean basin had lower mortality from cardiovascular disease. Garlic is a common ingredient in Mediterranean cuisine, but a number of characteristics of the "Mediterranean diet" have been proposed to explain its cardioprotective effects. Although few observational studies have examined associations between garlic consumption and cardiovascular disease risk, numerous intervention trials have explored the effects of garlic supplementation on cardiovascular disease risk factors.
- *Atherosclerosis*
- *Hypertension*
- *Serum lipid profiles*
- *Platelet aggregation*



Garlic

- The greatest influence of garlic upon the cardiovascular system come from the way Allicin or Hydrogen sulphuride impacts the circulatory system.
- Scientists have observed the freer movement of blood cells whilst garlic is being taken regularly.
- *Atherosclerosis*
- *Hypertension*
- *Serum lipid profiles*
- *Platelet aggregation*



Rosemary and Thyme

- Thymol, Phenol and Rosmarinic acid, found in Rosemary, Thyme, Sage and Oregano increases the percentage of DHA, an **omega-3 fatty acid**, **in the brain, kidneys and heart**. So, consuming thyme is a great way to increase the amount of good fats in the blood, without taking fish oil supplements.



Ginger

Ginger's many antioxidant compounds reduce arterial plaque, preventing platelet aggregation that lead to blood clots.

Anti-oxidants include Gingerols/shogaols, Zingibain, Zingerone, zingiberene, β -bisabolene, α -farnesene, β -sesquiphellandrene, and α -curcumene, while phenolic compounds include paradols.



Ginger

New understanding of how arterial plaque formation occurs shows the importance of employing a multifactorial approach to treatment.

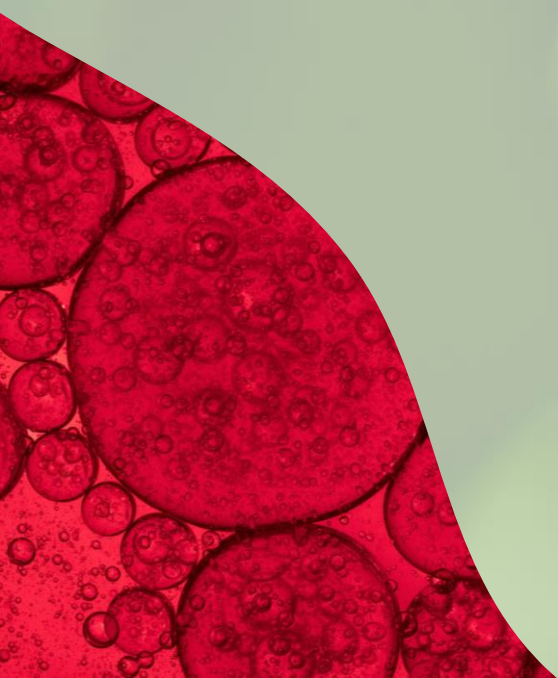
By using astringents to tighten up the junctures in between endothelial cells we risk not addressing the initial formation of plaque that gathered beneath the primary endothelial cells. Ginger can support this process by offering a multifactorial antioxidant effect.



Grape Seeds

VEINOTONIC

- The **vascular** effects of OPCs from grape seeds (Vitaflavan®) were highlighted, reflecting their vitamin P (C2) activity. They keep the **blood vessel walls** in good condition: collagen is a fundamental component of the lining. Grape seed OPCs (Vitaflavan®) become complex with collagen and ensure its stability. Thus, **parietal permeability is maintained at its optimal level.**
- In the latter class, OPCs are a class of molecules that are extremely powerful and effective in combating oxidative stress. Vitaflavan®, concentrated OPC, **helps the body in its fight against the forces of oxygenated evil.**



Lime Flowers and Hibiscus

- Lime flowers have a calming influence over the beating heart. An anticoagulant, diuretic, hypotensive herb. Excellent to relieve anxiety brought on by hypertension.
- Hibiscus removes pressure from the heart, supporting the basic removal of heavy material through the kidney.



Hawthorn berry and Rosehip

- Hawthorn berry is an extremely gentle arrhythmic herb, well suited to the elderly and useful in periods of convalescence. It provides energy to the heart muscle without leaving cumulative materials for the liver to detoxify.
- Likewise, rosehip has a positive influence over the heart, supporting blood cumulation.



Dong kwai, Parsley and Gotu Kola

- Dong kwai or Chinese angelica is a blood purifier often referred to as the female ginseng.
- Particularly useful to regulate the blood pressure, a useful herb for those kept awake at night.
- Parsley herbs are an excellent supportive remedy to support the circulation whilst allowing the tissue to remove toxic materials.



Ginkgo Biloba

- Ginkgo is a circulatory stimulant, increases blood flow to the brain, vasodilator and energy enhancer.
- Ginkgo is useful for all aspects of the peripheral circulation and support the memory in the elderly.
- A support for cold hands, Raynaud's syndrome and spontaneous bruising.
- Can be used to support hearing loss, vertigo and cramps in the lower limbs.



Motherwort

- As an ancient remedy to support cardio health, motherwort is an effective vaso-constrictor, nerve and heart sedative and hypotensive. Supporting the steady beat of the heart muscle.
- It is useful for angina and weakness of the heart allowing the patient to exercise for longer periods of time.
- *“Drink Motherwort tea to live to be a continual astonishment and frustration to waiting heirs”*
- Old Saying





Cayenne Pepper

Cayenne pepper gets its spicy flavour from a phytochemical called capsaicin.

Capsaicin promotes blood flow to tissues by lowering blood pressure and stimulating the release of nitric oxide and other vasodilators — or compounds that help expand your blood vessels.

Very supportive of other remedies, making them work a bit quicker.

Pomegranate

- Pomegranates are juicy, tart fruits that are particularly high in polyphenol antioxidants and nitrates, which are potent vasodilators.
- Consuming pomegranate — as a juice, raw fruit, or supplement — may improve blood flow and oxygenation of muscle tissue, which could especially aid active individuals.
- For example, a 2016 study found that daily consumption of 17 ounces (oz.), or 500 millilitres (mL), of pomegranate juice during or before weight training reduced soreness, muscle damage, and inflammation in elite weightlifters.

