Women's Health Library

Heart Health and CoQ10

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Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
  or
- **Liquid Cal-Mag-Zinc**

These supplements may be purchased on Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Hear the words, "energy crisis" in the news, and we associate it with oil, gas, and geopolitics. Energy is essential for functions of our daily lives—from the cars we drive to the fuel our bodies get from food. In fact, our bodies couldn't survive without energy. Even at the cellular level, energy allows us to metabolize foods, remove waste, and keep organs functioning. One of the most noticeable effects of this we actually feel is with our heart muscle.

The heart is made of mostly muscle tissue laced with electrical nodes and valves which force it to continuously pump blood. This constant activity requires energy—more so than say, our ears. To sustain continuous energy, a vitamin-like substance termed Coenzyme Q10 (or, CoQ10) is highly concentrated in the heart tissue. CoQ10 is required for producing ATP which provides energy at the molecular level in the cell.

In addition, it is a potent antioxidant and protects against oxidation of lipid membranes and LDL ("bad") cholesterol. CoQ10 is present in every cell in our body—theoretically making its energy and antioxidant uses even more important to our overall health. Our bodies produce CoQ10, but levels decline naturally with age and disease. Many physicians today prescribe CoQ10 to patients with congestive heart failure or other cardiovascular conditions.

Studies have shown positive effects from CoQ10 supplementation in the treatment of heart disease. It is also well known that certain cholesterol-lowering drugs simultaneously lower the body's CoQ10 levels, since they both share the same pathway. With heart disease leading the nation's top cause of death, this nutrient present in every cell of our body shows enormous value.

Other studies show benefit in those with gum disease, since gingivitis is an inflammatory process and CoQ10 may promote a healthy inflammation response. Finally, some reports detail an increased sense of vitality and energy in those taking CoQ10, although this has yet to be supported by more research.