

JOEL FUHRMAN, MD

What women should know about heart disease

In recent years, the impact of heart disease on women has gained increasing attention. Though it is often thought to affect men disproportionately, heart disease kills more women than men. Heart disease is responsible for 1-in-3 deaths of American women each year, killing more women than all cancers combined.

The standard American diet (SAD), full of white flour, sugars, oils and animal products, promotes heart disease; as a result, taking medications for elevated cholesterol and blood pressure has become nearly ubiquitous, and common for heart attacks and strokes to occur.

Health authorities often advise women to know the symptoms that may be characteristic of a heart attack, and they make lenient, ineffective dietary recommendations about reducing fat intake. This does not work, only a Nutritarian diet, rich in protective plant foods can reverse this epidemic and protect your life.

Women can take control of their cardiovascular health; they can become so healthy that a heart attack is almost impossible. A growing body of scientific literature shows that heart disease is easily and almost completely preventable (and reversible) by following an eating style rich in plant produce and dramatically lower in processed foods and animal products.

My 25 years in clinical practice is a testament to these principles. I have treated advanced heart disease for nearly a quarter century, and all my early adapters are still thriving into their 80s and 90s without experiencing heart disease again or

requiring medications anymore for hypertension or high cholesterol.

When you learn how to take care your heart with superior nutrition, you automatically take steps that will help to prevent diabetes, cancer, osteoporosis and other diseases, and maintain youthful energy, positive emotional outlook and enthusiasm for life.

It protects your brain, not just your heart.

The most important strategy for taking care of your heart is to eat your G-BOMBS daily: greens, beans, onions, mushrooms, berries and seeds.

Natural plant foods have numerous cardioprotective effects. For example, greens turn on the body's natural detoxification mechanisms and protect blood vessels against inflammatory processes that lead to atherosclerotic plaque buildup.

Higher consumption of fiber-rich vegetables, fruits and beans helps to keep blood pressure in the favorable range. Beans, nuts and seeds have unique cholesterol-lowering capabilities. Berries and the flavonoids they contain have a blood pressure-lowering effect, plus berries and pomegranate have potent antioxidant and anti-inflammatory effects that protect against the development of heart disease.

Getting frequent exercise and maintaining a healthy weight are of course also important, as is minimizing added salt, alcohol and caffeine.

Radical fat exclusion or a completely vegan diet is not the foundational principle here.

The foundational principle is micronutrient adequacy and

nutritional excellence.

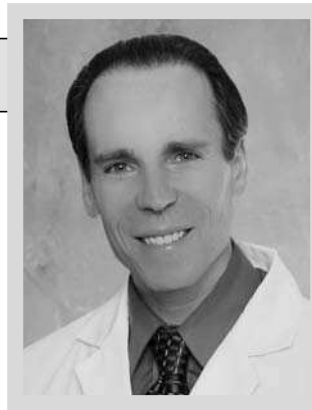
An extremely low-fat diet is not the optimal method to address this issue, since including nuts and seeds in the diet contributes to cardiovascular health in several different ways including cholesterol-lowering, arterial function, blood glucose lowering, and weight maintenance.

Furthermore, the combination of delicious dressings and dips made from nuts and seeds with overall healthful diet and lifestyle habits, not only leads to more favorable outcomes, but also was demonstrated to add almost a decade of lifespan in the most thorough study investigating this issue.

Another important message I have for women: Don't be fooled by high-protein weight loss schemes that emphasize animal products and/or limit fresh fruit.

High-protein diets can generate ketosis, which predisposes one to electrolyte imbalances and cardiac arrhythmias that could lead to sudden cardiac death. High-protein, low-carbohydrate diets are associated with increased risk of cardiovascular disease and premature death.

Animal protein also elevates IGF-1, which is associated with increased risk of several cancers, especially breast cancer as



well as cardiovascular disease.

You can lose weight without compromising your health; the most effective eating style for weight loss is also the healthiest way to eat for protection from cancer and cardiovascular disease.

When you use lifestyle interventions instead of drugs to reduce blood pressure, cholesterol and other risk factors, you achieve much greater results—because a high-nutrient diet doesn't merely lower blood pressure and cholesterol, it floods the cells and tissues with beneficial phytochemicals and allows the body's self-healing mechanisms to work at their full capacity to restore health.

My book Eat for Health guides you easily through the transition toward a health-promoting Nutritarian diet and can help you achieve a healthy weight and a substantial reduction in heart disease risk.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

COCBR AWARDS SCHOLARSHIP



COURTESY PHOTO

Eric Stenke (right), chairman of the Central Oregon Coast Board of Realtors Scholarship Committee (COCBR), at the 10th annual Lane Community College Student Scholarship Night, presented Emily Laing with a scholarship for \$1,000. The COCBR Scholarship is one of three scholarships presented to local students pursuing their educational goals.

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City Lights to feature two environmental shorts

The short films "Drift: A Community Seeking Justice" and "This Is Our Watershed" will be shown at City Lights Cinema on Wednesday, June 24, at 6:30 p.m.

University of Oregon students from the Environmental Studies Department collaborated with Beyond Toxics film director Lisa Arkin to produce the films, which highlight two Oregon Coastal communities hit hard by the effects of aerial herbicide spraying.

Residents of those communities who were impacted by the spraying tell their poignant stories in these two films.

Following the films, a panel of three residents will discuss

the practices of aerial spraying on forested areas near watersheds in the Oregon Coast Range. The panel will include residents from local communities who will provide a short report on the status of air and water quality in their areas.

Cost for the event is \$5 for students and City Lights Cinema members, or \$7 for general admission.

Fifty percent of proceeds will be donated to Beyond Toxics to help provide these meetings in rural communities, and also for a fund to assist residents of Gold Beach who were affected by recent aerial spraying.

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