

Supplement/Nutraceutical Recommendations

Dr Meade is an advocate natural products to enhance health and recovery.

Pt's with cardiac history of congestive heart failure, high blood pressure, coronary artery disease, peripheral vascular disease, obesity, swollen legs or lymphedema may benefit from the 'Awesome Foursome' below:

1. CoQ10 (100-200Mg)—Powerful anti-oxidant protects against inflammation, Lowers CRP-[C reactive protein] reduces clotting risk, helps with Hypertension, heart arrhythmias (a-Fib), helps heart pump stronger, helps lower 'bad' cholesterol
2. L-Carnitine (1000-2000mg)-Deficient in heart disease, helps fuel the heart, removes lactic acid, vasodialator (helps angina)
3. D-Ribose (5-10g)-improves exercise endurance, protects heart from free-radicals,critical component of cardiac metabolism, less muscle pain after workouts
4. Mg+ (400-800)-Miracle Mineral-Hypertension, CAD Coronary artery disease, heart disease all linked to Mg+ deficiency!! Lowers blood pressure, 50% population deficient!! Inhibits clots in the heart IE Heart Attacks!!



With CAD/CHF/HTN the heart continually overworks to pump blood through inflamed and congested blood vessels and ultimately expends energy must faster than the mitochondria can produce it.

Canada: WARNING: Statins can decrease CoQ10 and worsen CHF

USA: Statins can increase memory loss and DMII + muscle & liver damage

Below are a list of nutraceuticals that have anti-oxidant and anti-inflammatory properties without the side effects of NSAIDS.

Omega-3 (Fish Oil)-1000-3000mg-more evidence based science than any supplement!!-So many benefits, anti-inflammatory, helps prevent infections, clotting, enhances wound healing, recommended by American Heart Association, helps reduce mortality (death) from ALL CAUSES including cardiac death

Turmeric/Curcumin(700-1400mg)'Holy Powder" in India for 5000 yrs ; potent anti-inflammatory, anti-cancer, anti-biotic and anti-viral properties

Bromelain (100mg bid)-Another 'anti-clotting' food from pineapples, anti-inflammatory, interferes with tumor cell growth

Vit D3 (5000mg)-deficient linked to many age-related disorders, improves immunity, bone health for joint replacements

Vit E (400-800mg)-Natural "Blood Thinner", anti-aging vitamin, helps lower 'bad' cholesterol, deficient in most athletes

Vit C (2000mg)-Powerful anti-oxidant & Anti-inflammatory agent, important for proper wound healing, immune enhancer

Vit B (Niacin, B2,B6,B12, Folate)- Protects against stroke and heart attacks by lowering Homocysteine, Help with nerve pain, lowers LDL (bad cholesterol);

Mg+ (400-800mg)-see above

CoQ10 (100-200mg)-see above

Zinc(50mg)-fortifies immune system, important after surgery

Selenium (200mcg) important anti-oxidant, supports thyroid function

Resveratrol (250mg)-eliminate this one

DHEA (25-100mg)-precursor of our natural hormones that decrease with age-associated with cognitive decline, energy level, and cardiac disease, helps with weight control

L-Arginine (1400mg)-Major role in Antimicrobial activity-prevents infection

Quercetin (250mg)- bioflavonoid important for healthy immune system, blood vessel endothelial integrity, healthy blood sugar levels.

Not all supplements are of the highest quality or third party tested for purity.

- >50% Americans use supplements---\$30B industry
- 80-90,000 products
- Disclaimer: Supplements cannot claim to treat, cure, prevent disease
- Not regulated by FDA-just 'Oversee' supplements

NSF International is an independent third-party certification body that tests and certifies products to verify they meet these [public health](#) and safety standards.

Look for GMP Certified- (Good Manufacturing Practice) and LOOK FOR "USP," "NSF," or "Consumer Lab" on the bottle.

DO NOT ASSUME YOUR LOCAL HEALTH FOOD STORE OR NATIONAL SUPPLEMENT OR DRUG STORE CHAIN CARRIES SUPPLIMENTS THAT ARE TESTED FOR PURITY. (It is relatively easy to search online if your supplement brand is third party tested by searching Consumer Labs, NSF International, USP Dietary Supplement Verification, Informed Choice Verification)

My personal choice for most supplements that are third party tested is <http://www.lifeextension.com/> and omega 3 liquid-which is difficult to find in stores for those who don't like capsules :

<https://prod.prnomegahealth.com/products/omega-essentials-high-potency-liquid/>

Omega-3 (fish oil) Capsules:

<https://prod.prnomegahealth.com/products/flex-omega-benefits/>

Foods important in anti-inflammatory diet (Decrease pain, swelling and inflammation)

Green/Black Tea-Drink up to 3 cups a day for anti-inflammatory benefit and weight control

Carotenoids colorful fruits and vegetable with wonderful anti-oxidant and anti-inflammatory properties-promote healthy skin, bones and immune function(carrots, sweet potatoes, dark leafy greens, tomatoes, pumpkin, watermelon, blueberries, squash,red & green sweet peppers, peas, broccoli, Avocados

Black Pepper, cloves, oregano ,Cinnamon, ginger- all have anti-oxidant properties- use generously to spice up you foods!

Tart Cherry Juice – may benefit muscle soreness and strength in addition to help with arthritis and gout

Pomegranate-Another powerful anti-oxidant and anti-inflammatory with many other health benefits

Statin Transparency

Many orthopaedic patients are prescribed Statin Medications but are unaware of FDA warnings and side effects added in 2016 including Increased risk of Memory Loss, Diabetes, and Muscle Pain.

Statins also lower the body's production of Coenzyme Q10, which is associated with weakening of the heart muscle and overall muscle pain.

(Other studies and reports have indicated that statin drugs result in increased risks of peripheral neuropathy, or pain or numbness in the extremities like fingers and toes, tendon problems, cataracts, liver dysfunction, sexual dysfunction, kidney failure and even cancer.)

Patients can optimize cholesterol levels naturally by:

Eliminating sugar & refined carbohydrates, incorporating weight control, aerobic and resistance exercise, olive oil, fish oil, raw nuts, coconut, avocados, red grapefruit, seeds, beans, grass fed meats, fish, oatmeal, apples, prunes, cinnamon, garlic, pepper, ginger,

vitamin B, red rice yeast, weight control, exercise, restful sleep, plus CoQ10, Vit E, and Vit B.