

NEWSLETTER
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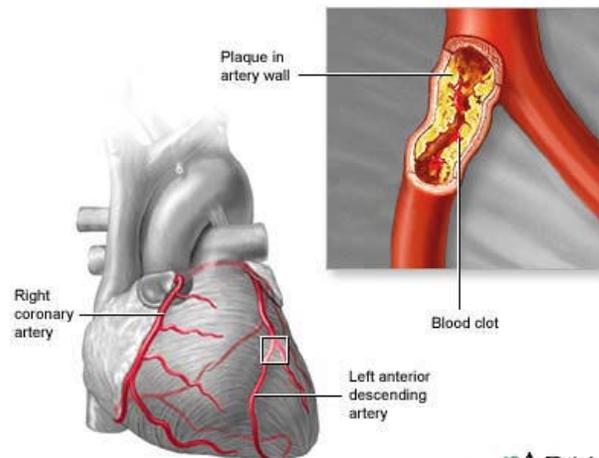
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HAPPY CHINESE NEW YEAR!
2004 IS THE YEAR OF THE MONKEY



Another Silent Killer

Atherosclerosis is clearly a hazard of lifestyle, silent during its development and striking many people early. Its prevention must be a high priority in any program designed to maintain optimum health. Like buildup inside the plumbing of our houses, atherosclerosis involves the slow accumulation of deposits of fatty substances, cholesterol and fibrin (a cloth-like material in the blood) in the inner lining of arteries. This buildup, known as **PLAQUE**, may partially or totally block the blood's flow. 80% of impotence is caused by arterial blockages, which can also damage the testicles and interfere with their ability to manufacture the male hormone testosterone. One researcher reported that otherwise-healthy soldiers examined after returning from WWII had arteries already occluded 22% even though they were only 20 years old. It's not unusual for middle-aged active persons who have no symptoms to have 50% - 75% blockage of their arteries. We need to prevent it and reverse the process of this buildup.



Exactly how atherosclerosis begins or what causes it remains unknown. It's clear that atherosclerosis is multifactorial in origin. Among the contributing causes are heredity,

diet, stress, lack of exercise and toxins. The oxidation of LDL cholesterol and other blood fats has been identified as our primary enemy and the prescription of statins (lipid-lowering drugs that reduce serum cholesterol levels) has been the solution. However, a number of victims had recently been on medications to lower cholesterol, leading to the discovery that a high level of homocysteine increases our risk of heart attacks, strokes and birth defects. Also, while patients should watch their cholesterol levels, lowering the cholesterol below 140 may result in clumsiness and lack of sex hormones, since cholesterol is the precursor of our sex hormones.

Homocysteine, an amino acid used normally by the body in cellular metabolism and the manufacture of proteins, often causes the initial lesions on arterial walls that enable LDL cholesterol and fibrinogen to accumulate and eventually obstruct blood flow. It also damages cells by promoting oxidative stress, causing abnormal arterial blood clots (Thrombosis) and abnormal platelet aggregation (clotting within an artery), resulting in ischemia (reduced blood flow) and/or infarction (cell death).

Detoxification of excess homocysteine requires “**methylating factors**” which convert homocysteine back into s-adenosylmethionine (a regular amino acid) by taking folic acid, vitamins B-6, B-12 and TMG (trimethylglycine). In 1994 the U.S. Congress legislated that folic acid be added to all commercial flour, thus aiding in this detoxification, and the heart attack rate has since declined.

Methylation is fundamental to the body’s ability to repair DNA, resulting in new cell production. The liver depends on methylation to perform the numerous enzymatic reactions required to detoxify every drug and foreign substance.

Below is a list of foods and supplements to help cut down on the risk of atherosclerosis.

Enjoy your Food and Supplements!

- * Omega 3 Oils (fish, flax & perilla oils)
- * Folic Acid
- * TMG
- * Vitamin B12
- * Artichoke Extract
- * Vitamin E
- * Exercise
- * Green Tea
- * Shitake mushrooms
- * Onions
- * Garlic
- * Gugulip extract
- * Curcumin (the yellow pigment of turmeric)
- * Aspirin (baby)--too much can lead to premature macular degeneration
- * Soy protein – animal protein delivers significantly more methionine than plant protein, which may explain why vegetarians are less likely to suffer from atherosclerosis.
- * CoQ10
- * Vitamin B6
- * Choline
- * Niacin
- * Herbal Statins
- * Relaxation
- * Gingko Biloba
- * Salmon and Sardines
- * Hot peppers
- * Bromelain
- * Ginger

Other behavior recommendations in fighting atherosclerosis:

- ✚ Exercise daily to help reduce stress.
- ✚ Eat a proper diet to prevent high cholesterol and excess weight gain.
- ✚ Use herbal therapy to lower the blood lipid level -- Ho-Shon-Wu, Crataegus (Shan Zua), Loranthus (San Ji Sheng), and giant knotweed (Hu Zhang).
- ✚ Avoid smoking.
- ✚ Use moderation in the intake of caffeinated or alcoholic beverages.
- ✚ Control hypertension through the use of TCM herbs or Western medicines.
- ✚ Reduce blood viscosity through the use of Salvia (Dam Shen).
- ✚ Avoid drinking water that tastes of chlorine: as a powerful oxidizing agent, chlorine is a toxin that promotes atherosclerosis.

While commercial laboratories state that normal homocysteine can range from 5 – 15 micromoles per liter of blood, risk increases at levels over 10 and decreases below 6.3.

To find out more about getting a homocysteine test, which costs about \$64.00, call (800) 208-3444 or log onto www.lef.org/bloodtest.html.

Recommendation varies depending on individual homocysteine levels. Initial supplements are 500 mg. TMG, 800 mcg. Folic acid, 1000 mg. Vitamin B12, 250 mg. Choline, 250 mg Inositol, 30 mg. Zinc, 100 mg Vitamin B6.

Common Chinese herbal formulas are:

- * Jiang Dan Gu Chun Wan
- * Shan Zita Hang Zhi Wan
- * Fang Feng Tong Sheng Wan
- * Fu Fang Dan Shen Wan

Any blood or Ch'i stagnated could be the cause or the result of atherosclerosis. The aging process causes the blood vessels to shrink and contract, causing "Bi" syndrome. Arthritis is part of the degenerative process.

Acupuncture can be used to correct the imbalance, while herbs and supplements make up for the deficiency. Try the preventative approach: a good defense is the best offense in dealing with atherosclerosis.

