

The Tuesday Minute

Nutritional information.... one byte at a time

This Week's Topic

VasculoSirt: An Exciting New Product For Cardiovascular Health

Did you know that we have 14,000 plus feet of blood vessels? Think about that, 14,000 feet of blood vessels that carry nutrients, minerals, AA, hormones, and O₂ to every one of our cells? We have anywhere from 10-50 trillion cells in our bodies depending on our size. And each ONE of those cells is fed by our blood vessels.

You have to admit, the human body is mind blowing. 14,000 feet is the size of 6 ½ tennis courts; and our bodies repair, rebuild, and maintain all that tubing. We never even think about it. Yet one little break in the vessels if not repaired quickly enough can cause a stroke or internal bleeding.

Truly the famed physician Sir William Osler was right when he said “a man is as old as his blood vessels”. In my 30 plus years of studying health, I never focused on addressing vascular health as an organ system that is until my mom had a stroke several years ago. I was plunged into the world of emergency medicine and rehabilitation.

I was extremely excited to see that Dr. Mark Houston has spent his whole life studying blood vessels. He has written extensively on the subject of vascular health, in book form “What your doctor may not tell you about Hypertension”. He has also written a thorough

discussion on nutrients that can repair and rebuild blood vessels naturally for the 2002 Journal of the American Nutraceutical Association.

For the last 3 years, Dr. Houston has been developing and testing a formula that is designed to feed and repair blood vessels. During that same period, solid research became available out of Harvard documenting that longevity genes called sirtuins can be enhanced by natural compounds, the principle one being trans-resveratrol.

Combining both his research and the work out of Harvard, the formula VasuloSirt was developed. Vasulo: to feed the vascular system and Sirt: to enhance the Sirt class of longevity genes.

You can order an audio CD of a thought provoking interview with Dr. Houston as he discusses the new research on vascular health and anti-aging “sirtuin” genes by calling our office at 800-373-1373.

Some of the ingredients in this high tech formula are: therapeutic doses of Trans-Resveratrol, N-Acetyl-L-Carnitine, Coenzyme-Q10, the concentrated green tea extract EGCG, R-Alpha Lipoic Acid, vitamin K1 and K2, and vitamin D3. There is also a phytochemical

blend of antioxidant plants and immune modulators like: olive leaf extract, quercetin, ginkgo biloba, phytolens, lutein, lycopene, as well as some basic cofactor B vitamins and magnesium glycinate.

Knowledgeable readers know there are other uses for the ingredients just mentioned. Enhanced mitochondrial performance, increased exercise endurance, blood sugar regulation, increased mental clarity and lipid regulation are just a few of the conditions that have been found to be enhanced by the individual ingredients in VasculoSirt.

So if you are like me or any of the 76 million baby boomers, you're starting to think quality of life and life enhancement. Things like enhanced physical and mental performance

should be beginning to get your attention. For me, feeding my blood vessels, tuning up my genes or taking my exercise workout to the next level is taking new levels of priority.

As a personal side, I have taken my running capacity from 2 miles to 4 miles since being on this product for 2 months. In terms of my mom's recovery, VasculoSirt has made a profound difference. So whether it's for you or perhaps an aging parent, VasculoSirt may be a product to consider adding to your nutrient program. I appreciate your taking the time to check in with us each week. I'll have more for you ... next Tuesday.