

## **DR. ADRIAN'S APPROACH TO CONGESTIVE HEART FAILURE**

### **Overview**

Congestive Heart Failure or CHF is a progressive condition that weakens the heart over time. CHF has many causes including coronary artery disease, damaged heart muscle (cardiomyopathy) due to disease or substance abuse, and co-existing conditions including diabetes, thyroid disease, kidney disease, and high blood pressure. Left unchecked, these can all lead to a serious cardiac event including heart attack and sudden death.

### **Discussion**

Congestive Heart failure (CHF) refers to the condition of the heart being incapable to move the blood forward into the arterial system resulting in blood backing up in the lungs and/or large venous system draining the lower part of the body especially.

Symptoms are:

- shortness of breath
- nocturnal awakening with breathlessness
- persistent coughing or wheezing
- buildup of excess fluid in body tissues; especially legs and abdomen
- fatigue
- lack of appetite
- confusion, impaired thinking
- increased heart rate

The causes are many including heart muscle damage due to infection, clogged arteries, structural or valvular abnormalities and nutritional deficiencies. Regardless of the cause, there are alternative treatments you can add to complement your conventional Rx meds, including

- nutritional supplementation
- hormone therapy
- EDTA Chelation therapy
- improving oxygen and blood delivery is helpful

The use of specific nutrients that promote the energy production of heart muscle cells is helpful. Professional grade supplements help make your body and heart muscle stronger, thereby reducing the risk of CHF. Products such as D-Ribose, and Coenzyme Q10 support a healthy weight, muscle recovery, and increase energy, strengthen the heart muscle, and boost the immune system. CoQ10 naturally decreases in our bodies, as we get older. Taking it as a supplement replaces what the body no longer produces. Statin medicines severely reduce CoQ10 levels which may further weaken the heart.

Surgery to correct leaky or narrowed valves is sometimes needed but can be delayed with nutritional and hormonal support. Anabolic hormones may be helpful to strengthen the heart muscle which is loaded with testosterone receptors. In my experience, I have had patients come to me with severe heart failure who have had a return to completely normal pumping action of the heart after beginning my program. Their cardiologists are, without fail, unwilling to acknowledge that the improvement was a result of nutrients. There are numerous studies documenting the effectiveness of most of what is recommended here.

## Treatment Plan

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#### Diet and Lifestyle

The heart needs adequate protein, taurine (poultry), good fats like butter and olive oil, and lots of raw produce to energize this hard-working organ. The heart works much harder after eating a large meal of dead cooked heavy food. What is dead food? Excess 'yang' foods (meats, cheeses, shrimp, hard boiled/fried eggs etc.) especially at bedtime is a bad idea! My leafy green/ berry smoothies between meals or as a meal are a good idea! Do not over eat in the evening if you don't want to wake up short of breath. Read my **Diet for Life** for detailed information - [www.dradianmd.com/store/pc/diet-for-life](http://www.dradianmd.com/store/pc/diet-for-life)

#### Exercise

Like any muscle, if you don't use it, you will weaken it. But note that over taxing the heart can accelerate the decline in function; so, listen to your body. Get plenty of rest with an empty stomach as stated above.

#### Avoid list

Strenuous sex; As Clint Eastwood states in a Dirty Harry movie "A man's got to know his limitations".

#### Supplements

**Essential Supplements** – see my website for a detailed list of my recommended essential supplements in addition to the list below

[www.dradianmd.com/store/pc/essential-supplements.htm](http://www.dradianmd.com/store/pc/essential-supplements.htm)

**Coenzyme Q10:** 300 mg daily before a meal that has some oil or fat. First thing in the AM is good. Do not waste money on Ubiquinol as 98% of typical Coenzyme Q10 (ubiquinone) is converted into the nol form within 5 seconds of absorption. Any slight difference in absorption does not offset the greater cost of Ubiquinol.

**DHEA:** An anabolic or tissue building adrenal hormone. 10-25 mg in women and 25-100 in men. Women should beware of acne or extra facial hair/hair loss with the higher dose. We sell lots of DHEA to women with only benefits. For more information please read Heart Failure by the American Heart Association - <http://circ.ahajournals.org/content/114/17/1829.full>

**L-carnitine:** 500-2000 mg daily. This helps the heart burn fat for energy. The heart's mitochondria or energy factories inside cells cannot get fat to burn without the Carnitine Shuttling fatty acids inside the mitochondria.

**D-Ribose Powder:** This is a sugar molecule that is the building block for building ATP or the cellular energy 'currency' that drives all reactions requiring energy. The dose is 1-3 tsp in a liquid daily. It tastes a little sweet and is used by athletes.

**Taurine:** This is an amino acid (the building blocks of proteins) that is especially needed for heart muscle to be healthy. Note that cat food has this added to prevent heart failure in cats.

**Magnesium:** This is needed for energy production by the heart and to reduce the likelihood of having an abnormal heart rhythm which can be fatal. Diuretics deplete magnesium and potassium.

**Potassium:** It is a good idea to take 200-300 mg of this especially if on a diuretic. Note that some meds like those that act on Angiotensin may raise potassium. Many patients will need Rx strength potassium if they are severely low from their diuretics. Consult with your physician.

**Hawthorne Extract:** 1-2 caps on empty stomach before a meal twice daily. This has been used for generations for heart failure. Hawthorn in the treatment of cardiovascular disease <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249900/>

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*Note: we do not accept Insurance or Medicare.*

### Injections and Intravenous therapies

EDTA Chelation Therapy: EDTA is a proven treatment for heavy metal removal from the body. Many sources claim that this can also improve the heart's pumping action. Note that any claims made regarding EDTA beyond heavy metal removal are not approved by the FDA.

### RX Medications

Conventional medicines used to treat CHF include artery dilators (to decrease resistance to blood flow), beta-blockers (to reduce the heart's pumping efforts and slow the progression of CHF), diuretics (to decrease blood volume, hence the load on the heart), and digoxin (from the foxglove plant). This approach does not make the heart stronger as only nutrients that improve the heart muscle's metabolism can increase cellular energy for this hardworking organ. Too often, the use of diuretics like Lasix only accelerates the downward progression of the patient as valuable minerals and electrolytes are lost from the kidneys in the urine. I typically will reduce diuretics after instituting my program. Often, they can be stopped. Dehydrating the patient excessively is common in the care of CHF patients. Doctors need to be careful not to do this and institute this protocol to turn the patient around.

Testosterone is an ignored medication to strengthen not only men's hearts but women's hearts. I have had dramatic successes with this addition to my program. For additional information please read [Testosterone supplementation in heart failure](http://www.ncbi.nlm.nih.gov/pubmed/22511747) from NCBI (US National Library of Medicine National Institutes of Health) <http://www.ncbi.nlm.nih.gov/pubmed/22511747> Women of course need only a small dose. You will need to see me or a doctor familiar with Testosterone prescribing.

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