Carnitine good or bad for heart??

You may have seen or heard in the media just after Easter that carnitine is implicated in heart disease.

"Red meat + wrong bacteria = bad news for hearts" was one of the media headings about a study slamming carnitine, co-authored by Dr Stanley Hazen, head of Cardiovascular Medicine at the Cleveland Clinic in Ohio.

And - "Dr Daniel Rader, director of preventive cardiovascular medicine at the University of Pennsylvania in Philadelphia, says that the study makes a "fairly compelling" case that intestinal bacteria feeding on L-carnitine increase the risk of heart disease. The finding should give pause not only to meat lovers, but also to people who take L-carnitine supplements, which are marketed with the promise that they promote energy, weight loss and athletic performance." says Dr Hazen. "None of those claims have been proven," he says. "I see no reason why anyone needs to take it."

Obviously none of these doctors have used carnitine so effectively for fatigue and energy production as we have for polios here in WA and other parts of the world.

The difference is that polio survivors are taking relatively small amounts of extra carnitine for medical reasons not sports enhancement.

Close on the heels of this news piece was another from the Mayo Clinic in USA now praising Carnitine!

"L-Carnitine Significantly Improves Patient Outcomes Following Heart Attack, Study Suggests ***Apr. 12, 2013*****"**
"L-carnitine significantly improves cardiac health in patients after a heart attack, say a multi-centre team of investigators in a study published today in Mayo Clinic Proceedings. Their findings, based on analysis of key controlled trials, associate L-carnitine with significant reduction in death from all causes and a highly significant reduction in ventricular arrhythmias and angina attacks following a heart attack, compared with placebo or control. These findings may seem to contradict those reported in a study published earlier this month in Nature Medicine."

SO - Why are Heart Failure and Carnitine linked
"While Carnitine for Fatigue has been particularly well studied, heart failure and carnitine has had some MAJOR research studies done as well. Not only as a helpful addition to standard treatment, but also as a completely stand-alone cardiac treatment in certain cases.
"Along with **Coenzyme Q10** for Heart Failure, Carnitine is responsible for getting fatty acids inside cells to be burned for energy. It can be likened to the guy who shovels coal on a steam engine. You can have plenty of coal and a working engine, but without carnitine to *'shovel'* the fats into the cell - you have no way to make energy. And this includes energy to HEART cells as well. Most doctors assume that carnitine deficiency is rare, and this may be true in people who are WELL, but it seems that people who have chronic health problems- particularly if there is fatigue - have a higher need for carnitine www.easy-immune-health.com/heart-failure-and-carnitine

Heart Failure and Carnitine - Why it is Important
"One particularly large and high quality study on heart failure and carnitine showed that, across the board, patients with congestive cardiac failure improved more when taking carnitine than those who did not. And this was regardless of the causes of congestive heart failure."

Other studies showed that carnitine was able to:
- Reduce the size of the too-large heart chambers
- Increase exercise tolerance
- Improve fatigue
- Reduce incidence of death after going home
- Decrease further episodes of heart failure

SO DON'T GIVE UP ON YOUR CARNITINE!

It is probably doing you even more good than you thought!

COCONUT OIL - good for heart disease or not??

The West Australian Tuesday, May, 28 2013
A **University of Queensland** study has found that far from being beneficial, coconut is full of fat that can clog arteries. **Associate Professor David Colquhoun** said. "In fact, coconut oil is full of unhealthy saturated fat which raises bad cholesterol levels, clogs the arteries and increases the risk of heart disease. As it has more than 90% saturated fat, I would definitely be keeping coconut oil off the menu." Professor Colquhoun presented his findings at the Heart Foundation Conference held in Adelaide from May 16- 18.

But retired **CSIRO scientist** and honorary research fellow, also at the **University of Queensland, Mike Foale,** says the **Heart Foundation has got it wrong.** Foale has been studying the coconut palm for more than four decades and believes **coconut is a superfood.**

"There is both scientific and abundant anecdotal evidence of great health benefits, including increased energy, weight loss, natural antibiotic activity, cholesterol reduction and insulin stabilisation," Foale says. "Coconut oil is a staple for millions of tropical coastal people worldwide and those people do not suffer from heart disease while on their traditional diet," he says.

In **"Coconut Cures"** published 2005, **Bruce Fife ND** writes "Atherosclerosis develops as a result of injury to the inner lining of the artery wall caused by high blood pressure, infection, free radicals etc. Injured cells release a growth factor to stimulate muscles cells in the artery wall to repair the damage. If this becomes chronic, scar tissue, platelets, calcium, cholesterol and triglycerides combine to try to heal it. This is called plaque. Research suggests teeth and gum disease, sinusitis, bronchitis, stomach ulcers, herpes and urinary infections play a part in heart disease. The most common germs causing arterial inflammation are Heliobactor, Chlamydia and Herpes virus. "Fragments of bacteria are often found in arterial plaque." says **Cardiologist Dr Brent Muhlestein, Uni of Utah.**
The medium chain fatty acids in coconut oil have powerful anti-microbial properties to kill these organisms thus reducing the risk of heart disease. Polyunsaturated fats are highly vulnerable to oxidation, also damaging artery walls. Coconut oil acts as an antioxidant stopping this damage. It also lowers homocysteine, blood pressure and blood platelet stickiness created by oils like canola and olive oil."