



Heart Health

Q: I am currently taking medications for high cholesterol , is there anything I can do to improve the effectiveness of my medications?

A: Yes! Sometimes medications can actually deplete your body of the nutrients it needs to maintain proper health. A most notable example would be Coenzyme Q10 (an important nutrient for the heart) which is depleted by standard cholesterol lowering statin drugs (eg.Lipitor). A deficiency in Coenzyme Q10 can cause an increased risk in cardiovascular disease as well as increasing free radicals, which accelerates the aging process. It would be wise if you are taking statin drugs you should supplement with Coenzyme Q10.

Naturopathic physicians are trained to compliment the use of prescription drugs with natural choices. This can improve the effectiveness as well as help decrease some of the side effects of your medications.