

♥ HEART HEALTH

Understanding The Enzyme Of Life

(NAPSA)—As the search for ways to maintain heart health beats on, there's encouraging news for millions of Americans at risk for cardiovascular disease. Scientists have developed a new way to keep aging arteries healthy.

New Research

A recent study published in *Phytotherapy and European Annuals of Allergy & Clinical Immunology* found a nutrient that helped support and improve arterial function in middle-age adults. The study used a new measurement of artery health, the intima media thickness (IMT), which actually measures the thickness of the carotid artery that carries blood to the brain. The IMT is recognized by the American Heart Association as an indicator of cardiovascular health. Ultrasound is used to get an accurate picture of an individual's arteries.

The study participants followed a special heart-friendly diet and changed behaviors such as quitting smoking and adding exercise.

After one year, the researchers measured common risk factors such as cholesterol, blood pressure and body mass index (BMI). All were improved—but not enough.

Adding An Enzyme

The researchers then divided the participants into two groups, one using the dietary supplements GliSODin (500mg daily) and the other a placebo.

The enzyme works by promoting an antioxidant produced by the body called SOD. It is considered more powerful than antioxidant vitamins and has been called the "enzyme of life" for how it fights inflammation and the physiological stress of aging.

The placebo group had an



increase in IMT, which suggested that diet and lifestyle alone did not reduce arterial inflammation. The supplemented group showed a significant reduction in IMT levels.

The enzyme can be found in products from such companies as NOW Foods, Bluebonnet and Life Extension Foundation.

Keeping Your Heart Healthy

According to the American Heart Association, four healthy habits can help prevent heart problems. These are:

1. Maintain a proper weight.
2. Exercise regularly.
3. Eat a balanced diet.
4. Don't smoke.

Recently, the American Heart Association updated its physical activity guidelines encouraging Americans to strength-train at least twice a week. It now recommends that adults perform eight to 12 reps of eight to 10 exercises on the chest, back, shoulders, upper legs, lower legs and arms by using either free weights or machines. Adults 65 and older should strength-train two to three times a week doing more reps with lighter weights.

Learn More

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