

Newsletter > July 2010 Vol. 2 Issue 2

Greetings!

We hope you are finding many ways to celebrate summer and that you are staying active. More specifically we hope that you are staying physically active, in some manner or another.

Physical activity is any body movement that works your muscles and uses more energy than you use when you're resting. Walking, running, dancing, swimming, yoga, and gardening are examples of physical activity. According to the Department of Health and Human Services' "2008 Physical Activity Guidelines for Americans," physical activity generally refers to bodily movement that enhances health.

Physical activity also is part of a heart healthy lifestyle. Physical activity is good for many parts of your body and can lower your risk of many health problems. Many Americans are not active enough. The good news, though, is that even modest amounts of physical activity are good for your health. The more active you are, the more you'll benefit.

The four main types of physical activity are aerobic, muscle-strengthening, bone strengthening, and stretching. You can do physical activity with light, moderate, or vigorous intensity. The level of intensity depends on how hard you have to work to do the activity.

For major health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity or 75 minutes (1 hour and 15 minutes) of vigorous-intensity aerobic activity each week. You don't have to do the activity all at once. You can break it up into shorter periods of at least 10 minutes each. Running, swimming, walking, bicycling, dancing, and doing jumping jacks are examples of aerobic activity.

If you have a heart problem or chronic disease, such as heart disease, diabetes, or high blood pressure, talk with your doctor about what types of physical activity are safe for you. You also should talk with your doctor about safe physical activities if you have symptoms such as chest pain or dizziness.

Physical activity, especially aerobic activity, is good for your heart and lungs in many ways. The benefits of physical activity apply to people of all ages and races and both sexes.

Moderate- and vigorous-intensity physical activity done regularly strengthens your heart muscle. This improves your heart muscle's ability to pump blood to your lungs and throughout your body. As a result, more blood flows to your muscles, and oxygen levels in your blood rise. Moderate- and vigorous-intensity aerobic activity done regularly can lower your risk for coronary heart disease (CHD), also called coronary artery disease. CHD is a condition in which a fatty material called plaque (plak) builds up inside your coronary arteries. These arteries supply oxygen-rich blood to your heart

Capillaries, your body's tiny blood vessels, also widen. This allows them to deliver more oxygen to your body and carry away waste products, such as carbon dioxide and lactic acid.

Plaque narrows the coronary arteries and reduces blood flow to the heart. It also makes it more likely that blood clots will form in your arteries. Blood clots can partly or completely block blood flow. This can lead to a heart attack.

Physical activity:

- Can lower blood pressure.
- Helps improve and manage levels of cholesterol and other fats in the blood. Physical activity can lower

triglyceride levels. Triglycerides are a type of fat. Physical activity also can raise high-density lipoprotein (HDL), or "good," cholesterol levels.

- Improves your body's ability to manage blood sugar and insulin levels. This lowers your risk for type 2 diabetes.
- Reduces levels of C-reactive protein (CRP) in your body. This protein is a sign of inflammation. High levels of CRP may raise your risk for CHD.
- Can help reduce excess weight and obesity when combined with reduced calorie intake. It can also help you to maintain a healthy weight over time.
- Helps reduce stress and can lessen symptoms of depression.
- May help people quit smoking. Smoking is a major health risk factor.

Inactive people are nearly twice as likely to develop CHD as people who are physically active. Studies suggest that like high blood cholesterol, high blood pressure, and smoking, **inactivity is a major risk factor for CHD.**

Physical Activity Reduces the Risk of Heart Attack

In people who have CHD, aerobic activity done regularly helps the heart work better. It also may reduce the risk of a second heart attack in people who already have had a heart attack.

Vigorous aerobic activity may not be safe for people who have CHD. Talk to your doctor about what type of activity is safe for you.

Although diet and exercise are the cornerstones to a healthy body, these alone may not be enough to treat or cure your health problem(s). In such cases, a healthy diet and regular exercise, along with a safe and effective [chelation therapy program](#) may prove to be the winning combination that you need to improve your health. **Chelation** (pronounced key-LAY-shun) is the use of EDTA to bind molecules, such as metals or minerals, and "chelate" or remove them from the body. When excess metals and minerals accumulate in the bloodstream, they harden, causing poor circulation. By cleansing the body's arteries and veins with Cardio Renew EDTA chelation therapy, blood flow is improved.

Blood supplies nutrients and oxygen throughout the body (organs, muscles, tissues and nerves). By restoring your body's proper blood flow to a state that is, once again, rich in oxygen and nutrients, Cardio Renew allows your body to recuperate, regenerate and function normally.

We hope you are enjoying the beauty and bounty of summer, and that the season is providing you with many opportunities to be physically active.

Wishing You Good Health and Vitality,
The Cardio Renew Team

P.S. As always, we value your feedback, so please feel free to send any questions or comments to:
newsletter@cardiorenew.com

Feature Health Topic



Recommendations for Physical Activity

The U.S. Department of Health and Human Services (DHHS) has released new physical activity guidelines for all

Americans aged 6 and older.

The ["2008 Physical Activity Guidelines for Americans"](#), published by DHHS, explains that regular physical activity improves health. They encourage people to be as active as possible. The guidelines provide specific recommendations about the types and amounts of physical activity that children, adults, older adults, and other groups should do. The ***Physical Activity Guidelines for Americans*** describes the following major research findings on the health benefits of physical activity:

- Regular physical activity reduces the risk of many adverse health outcomes.
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
- Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity.
- Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial.
- Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
- The health benefits of physical activity occur for people with disabilities.
- The benefits of physical activity far outweigh the possibility of adverse outcomes.

The following are the key guidelines included in the ***Physical Activity Guidelines for Americans***:

Guidelines for Adults:

- All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate intensity, or 150 minutes a week of vigorous intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.
- Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Guidelines for Older Adults:

- When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.
- Older adults should do exercises that maintain or improve balance if they are at risk of falling.
- Older adults should determine their level of effort for physical activity relative to their level of fitness.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.

Guidelines for Women During Pregnancy and the Postpartum Period:

- Healthy women who are not already highly active or doing vigorous-intensity activity should get at least 150

minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period. Preferably, this activity should be spread throughout the week.

- Pregnant women who habitually engage in vigorous-intensity aerobic activity or who are highly active can continue physical activity during pregnancy and the postpartum period, provided that they remain healthy and discuss with their health-care provider how and when activity should be adjusted over time.

Guidelines for Adults With Disabilities:

- Adults with disabilities, who are able to, should get at least 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- Adults with disabilities, who are able to, should also do muscle-strengthening activities of moderate or high intensity that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.
- When adults with disabilities are not able to meet the Guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.
- Adults with disabilities should consult their health-care provider about the amounts and types of physical activity that are appropriate for their abilities.

Considerations for People With Chronic Medical Conditions:

- Adults with chronic conditions obtain important health benefits from regular physical activity.
- When adults with chronic conditions do activity according to their abilities, physical activity is safe.
- Adults with chronic conditions should be under the care of a health-care provider. People with chronic conditions and symptoms should consult their health-care provider about the types and amounts of activity appropriate for them.

Guidelines for Safe Physical Activity:

To do physical activity safely and reduce the risk of injuries and other adverse events, people should:

- Understand the risks and yet be confident that physical activity is safe for almost everyone.
- Choose to do types of physical activity that are appropriate for their current fitness level and health goals, because some activities are safer than others.
- Increase physical activity gradually over time whenever more activity is necessary to meet guidelines or health goals. Inactive people should "start low and go slow" by gradually increasing how often and how long activities are done.
- Protect themselves by using appropriate gear and sports equipment, looking for safe environments, following rules and policies, and making sensible choices about when, where, and how to be active.
- Be under the care of a health-care provider if they have chronic conditions or symptoms. People with chronic conditions and symptoms should consult their health-care provider about the types and amounts of activity appropriate for them.

Peripheral Vascular Disease and Chelation Therapy

The most common cause of peripheral vascular disease is peripheral artery disease (PAD). Since this newsletter has focused on the importance and benefits of being physically active, we wanted to take a moment to comment on this very common condition that can sharply curtail one's ability to comfortably partake in physical activity.

- Peripheral artery disease is due to atherosclerosis. This is a gradual process in which a fatty material builds up inside the arteries.
- The fatty material mixes with calcium, scar tissues, and other substances and hardens slightly, forming plaques of arteriosclerosis.
- These plaques block, narrow, or weaken the vessel walls.
- Blood flow through the arteries can be restricted or blocked totally.

The most common symptom of peripheral vascular disease in the legs is pain in one or both calves, thighs, or hips. The pain usually occurs while you are walking or climbing stairs and stops when you rest. This is because the muscles' demand for blood increases during walking and other exercise. The narrowed or blocked arteries cannot supply more blood, so the muscles are deprived of oxygen and other nutrients. It's usually a dull, cramping, intermittent pain.

There are many ways to help prevent peripheral vascular disease including healthy eating, exercise, not smoking, controlling high blood pressure, and lowering high cholesterol. EDTA Chelation therapy can also help reduce your risk of developing peripheral vascular disease. [EDTA chelation](#) increases blood flow through the removal of mineral deposits and heavy metals in your body. If you already suffer from PAD, you should know that a safe and effective chelation therapy, coupled with diet and exercise could go a long way in lessening the severity of your symptoms, or possibly even alleviate them altogether. This should allow you to return to or begin an appropriate level of regular physical activity. Visit [Cardio Renew today](#) to learn more.

About Cardio Renew



Cardio Renew Inc. is a family owned and operated company located in Minnesota. Cardio Renew was developed to offer you safe, effective and economical oral liquid EDTA chelation programs. Our #1 goal is to provide you quality products at an affordable price, while supplying the great customer service that you need and deserve. Here are a few items that we feel are important to the success of your oral chelation program:

- **Quality Product**-We purchase our products in liquid form and have our formulas blended, bottled, labeled and tamper-evident sealed at a professional manufacturing facility. This ensures you receive consistent, high quality products that provide safe and effective chelation therapies.
- **Customer Service**-Our goal is to answer e-mails, return phone calls and ship orders within 1 business day. Most times within a few hours or less.
- **Best Value**-Because Cardio Renew is a family based business, we keep our overhead and operating costs at a minimum. We do not promote sales, discounts or specials. We offer the best price to everyone, all year.
- **No Multi-Level Marketing**-We know that this not only raises the cost of products, but also takes away from the quality of customer service that you receive. We believe in helping our customers, not just making a sale.
- **Honesty**-We will always be truthful with our customers. We don't believe in scare tactics or deceptive marketing practices. We are an honest company, that takes pride in selling quality products, at an affordable price.

We believe in our products and programs and sincerely care about our customers. We truly feel that Cardio Renew can improve your health and therefore the quality of your life.