

NOTE: This is an UN-EDITED transcript of an audio interview between Dr. Sam Robbins and Dr. Cathy Rosenbaum. Please excuse any grammar and/or spelling mistakes. We kept it “raw” and the main purpose of this written transcript is for those that prefer reading, rather than listening to an interview. Thank you for understanding.

Dr. Sam:

This is Dr. Sam Robbins and today’s topic is one of my favorites and most important one is it’s about cholesterol and heart disease. And today we have Dr. Cathy Rosenbaum with us and I’ll introduce her personally in a second. But what I love about her the most is she’s very holistic and that she knows the entire round from drugs to nutritional supplements and just foods. So Dr. Cathy, how are you today? Thank you for coming on.

Dr. Cathy:

Thanks Sam. I’m fine. It’s a pleasure to be here.

Dr. Sam:

So let’s just start right from the beginning. You are a holistic clinical pharmacist and just for the listeners, what is that really mean?

Dr. Cathy:

Well I have a traditional training as many pharmacists do. And an additional background and not only clinical research and methodologies for prescriptions and OTC medication as most people expect in the United States but I’ve also been to China to study herbal research, and prescription medicine research in China. And compare and contrast how the various approval processes take place. Then we’ve also studied in a group in China, Global Healthcare Solutions. That includes a lot more than just that intervention that’s become so popular in this country and that is medication.

Dr. Sam:

Uh-hmm. Now – just – so you say about eastern and western and you know, I know from my own experience the minute you go to the doctor here, you go see a doctor, unfortunately you know surgeons cut and doctors prescribe medication. What have you seen as far as the differences between you know both western and eastern in Chinese as far as the way doctors handle problems or situations or illnesses?

Dr. Cathy:

I'm thinking the western model it's a very silo driven unilateral intervention. So the traditional training is basically a very simplistic, focused element – meaning, if you have a headache, the headache pain is treated. If you have a back injury, the back injury is treated. And the rest of the body or the rest of the spirit, mind, emotions, issues that makes us human beings in this journey are technically not addressed. In China, one can pick and choose both as a healthcare professional as well as the consumer, from a palette of options in both worlds. I, for example, went to a barefoot doctor clinic in Chengdu in 2002. And there I saw a very primitive pharmacy which it was just delightful ---- honestly to see. Boxes of raw herbs of branches, twigs, roots, berries, leaves in just wooden containers lined up row after row next to Abbot's D5W intravenous infusion. And most of what went on there was a combination of a tea concoction that would be put together and steeped and then the patient would drink. But also could include such things as massage or acupuncture depending upon what the physician felt was necessary at that time. So the idea there being the whole person's needs or the whole person's needs were being addressed.

Dr. Sam:

Right, you know I remember when I was younger I worked at the chiropractic office- I was 19 at that time and you know, someone would come in with like something you just stated like a headache or you know. And then they would say – my medical doctor, my primary physician, just you know gave me Vicodin or just gave me these pain killers. And you go to chiropractor and you know she would touch this, do that and next thing you know she would give them like a prescription or thotics for their fee. And you know obviously it's the whole body would – that there's a problem

with the foot, problem with the knees, the hip, the low back, then the upper back, the neck, the that was the cause of the headache and he would be like permanently cured because their feet were the source of the problem. And the doctor, the medical doctor just never ever even took the time to look at that. It was just a quick prescription for the pain killer like you've said addressed in that specific location and get out of my office.

Dr. Cathy:

I love that you are thinking about the root cause of issues. And that's fascinating to me and that's been drawing me more and more towards Eastern practice over the last 5 to 10 years. And I really look at what's going on in the person's life. Here's another great example. So many people in this country, we're kinda getting a field here, again a great example, so many people in this country they're on acid reducers for stomach issues. They're called proton pump inhibitors. And they've become probably second to the statins for cholesterol, if you will. Many people have anxiety, depression, stress, that sounds pretty common with people in the United States and all over the world for that matter. We live very hectic lifestyles. Has anybody thought to sit down with that client before a proton pump inhibitor is prescribed and talk through if there any possible way that your lifestyle is the root cause of your upset stomach? Barring anything anatomically wrong, we would go after some sort of emotional support or like a social support first. That's revolutionary. It takes a little bit of work. It does incur some accountability in the part of the consumer. But I think many people truly would appreciate a more sustainable gain or a long lasting intervention than simply adding medication after medication after medication.

Dr. Sam:

You know my brother; his sensitive area is his stomach. And he has the acid reflux and certain problems. And every time it happens it's always because there is some big stress in his life. And you know for years he wouldn't put the two together and every time he would just go to the doctor. And the doctor would prescribe him a drug and say take this. And then two months later, oh well it fixed it. And it didn't fix anything basically my brother's problem at that time you know quote and quote fixed itself. And my brother was able to deal through it through the next couple of months.

And I thought, why do you keep going on with the drugs? But it was a quick fix. And it's unfortunate but over the years that he has learned that okay he doesn't need the drug. He just needs to improve his diet a little bit more. Or take time to breathe. Or just relax and manage the stress just a little bit better.

Dr. Cathy:

And breathing is a great skill. And again I'm glad you brought that up. That's a tried and true yoga technique. And deep breathing can be so useful. In the moment where every one is - it doesn't have to require us to go to the gym, or pay \$150 dollars to see the psychologist. It can be used at bedtime to help with sleep. It can be used in the middle of a stressful boardroom meeting. It can be used in the privacy of your office or home. And – you know, basically again those are the things I feel I'm compelled to help the public warn about and try.

Dr. Sam:

You know, there's -- without making it super simplistic, there are mainly four things you really need to live. The first is oxygen. Without it you'll die in minutes. You know, water, food, and rest. And those are four things that people abuse. Every one – most people are shallow breathers. Barely anyone I know drinks any water. They drink a lot of coffee, or other sodas, and other liquids. Their diet is horrible and rest is something they don't do other than you know – because they're living such hectic lifestyles. And those four factors when they're being abused, obviously it's abusing the body all the way you know inside and out.

Dr. Cathy:

*I agree. And I think that's why so many people sick-- the **spa's** experience, or the getaway, or the retreat, the back to nature, spiritual you know refreshment or renewal, you know there's messaging there. That's incredible, powerful messaging that the human being has the ability to do everyday. Once again these aren't expensive quite honestly rocket-science answers. They're very simple, and basic and natural and the way that we were intended to live actually.*

Dr. Sam:

And then – then there are the other people who are now who do go on vacation. They got 7 days and travel like visits 14 countries in those 7 days and may come back even more stress out so.

Dr. Cathy:

Is that you, Sam?

Dr. Sam:

No – no – no for me the best is just to get away on some island and literally do nothing for a week. That's my definition of vacation but I know my brother and his wife like to just to see the whole world in just one week and they're stressed before and they're worn out after it. And to me that's not much of a vacation. Okay so, let's talk about cholesterol. Earlier you know before we start recording this I was telling you how I had gone to a family dinner and we were sitting and talking and pretty much 7 out of the 10 I counted out of my uncles and aunts and everyone they were on some kind of cholesterol reduction drug mainly known as statin. I think like 4 or 5 of them were on Lipitor. Another 1 or 2 or them were on Crestor. And I was just amazed. Let alone not only so many people were on it, there were like on extremely high dosages and their cholesterol was not on the 400 or 500s. It was like something like in the low 200s that they really don't even need to be on something. So, what's your take on the statins? Because you know – regarding side effects how they work and alternatives.

Dr. Cathy:

I think cholesterol originally became in vogue, lipid lowering in vogue back in the 1950s with President Eisenhower and it was in caring for his health that his blood levels were checked and fast forward to 2004 I guess. The national cholesterol education program ATP3 Guidelines were pretty rigid in terms of continuing to lower the bad cholesterol or LDL with regard to secondary prevention of heart attack. And – and on and on it goes. And truly it's a lot more than just your total level of your cholesterol. And it's truly a lot more than just bad particular lipids that we look at in terms of cardiovascular health. And it's not just the blood level of the chemical or you know cholesterol-like or lipids-like is how you exercise, it's what you eat, it's how you think – because our thoughts change our emotions and

that can also affect us physically and on and on it goes. I think cholesterol is one hot topic. Don't misunderstand but I think it's over medicated and why do I say that? It's all about hedging our backs. And it's all about risk factors and many people with very healthy lifestyles with a little bit of an elevated bad cholesterol may be at very low risk of heart attack or stroke. And in fact could get the job done with diet alone. With a little bit of discipline, not all of us are incredibly disciplined throughout all of our lives. Others might benefit from the plant kingdom the herbs and some vitamins which I talk to patients about all the time in terms of – well I call it the bridge therapy, if I may. And then we'll say, you know –worst case scenario is if you're at high risk for heart disease because of the genetic previous position. Meaning no matter how good you are with diet and exercise and lifestyle choices are genes or one gene could eventually if you would take over and cause our cholesterol lipids to continue to skyrocket or for women, post menopausally they might skyrocket. At some point in the future perhaps, a load of statin or some prescription cholesterol lowering agent might be warranted. But like we've said right out of the gate you know that shouldn't be the first thing that's prescribed as if that's the only option. Now having said statins have multiple mechanisms of actions. There's something a fancy term called their pleiotropic facts and that's just dealing with their antioxidant potentials and other positive potentially positive impacts which can play into the reason why they're so successful in keeping people from heart attack. But you know I'm sure we'll get into our interview in the next few minutes more about some of the herbs and vitamins and our listeners I'm sure would like to know do they really work and if so, how long?

Dr. Sam:

Absolutely. Now – so right now – I think we can both agree that there a lot of the prescriptions are probably not needed for most people specially you know as the very first thing that the doctor does ---- whoops, your cholesterol's high, let me just prescribe you something. There are definitely other alternatives and we'll get to that in a minute. What --- some of the side effects that I know --- you know my dad had taken them and he had muscle problems mainly in his leg and lower back. And also my mom had taken Crestor and she said like her skin and lips and everything was so dry she could barely you know smile without something cracking. And this was how I learned about everything. I got it all from that. And we

got all lot of herbal and dietary changes. What's one of the couple biggest side effects that you've noticed from people taking statins?

Dr. Cathy:

The two frustrating ones in addition to the muscle aches, are really the liver damage. And liver is trans-hits meaning if the liver enzymes are elevated with the blood tests done and the doctor would just typically reduce the doze or just take you off the drug and just let everything cool down for a period of time so it's reversible. But there's a lot of people that will say there's a mental fog or a funk with the statins specially women it seems. Many women again tend to get more headaches with them of course you know what happens then they're just told to go take an aspirin or Tylenol. With the muscle aches however it's a little more serious. And it's so hard to monitor because - again if you're an athlete and you're exercising regularly, or as like you have mentioned to me there are other co morbidities whereby somebody's having muscle damage or neuro damage from another disease condition. Or both it's hard to say well this is exactly this is new today and it's really coming from the strugger. I'm significantly concerned that I'm gonna go to the doctor and check it out. But when one has muscle damage what the doctors are gonna try to keep that patient on for muscle aches rather – doctors are gonna try to keep the patient on the statins by giving him or her CoEnzymes210 or of late I've seen them use vitamin D thinking that a depletion of either one of those are constituents of the body is contributing to the muscle damage. So once again we are adding adding adding and pretty soon you're taking 4 or 5 or 6 products when in fact we're not getting to the root cause which is perhaps lifestyle and diet.

Dr. Sam:

You know – and that's exactly what happens to both my parents. I mean, you said it right on and also with my dad, he's older and he didn't have muscle pain and muscle problems. The very next day, it was gradual and you know he started saying its just old age. But when it was getting exceedingly worse and worse and I remember it was my niece's birthday, and he couldn't really pick her up. She was little; she was about 5 or 6 at that time. And he want to go pick her up, and he had problems and yeah you know you fought it off the letters like ohh – you know – I can't believe

how much I feel older the past few months. And then little by little he started putting 1 and 1 together and start to think you know maybe it's the drug. And you're also 100% correct --- my mom, was the one always complaining of about being forgetful. No, no I think I got Alzheimer's and what am I gonna do? And you're 100% right on both of those. Okay so let's talk about some potential herbs and natural solutions that you might suggest as least as the very least as a first line of defense not just jumping right to the prescription drugs.

Dr. Cathy:

Well there are a couple three that are worth sharing information about. And the first one which is closest to the prescription statins interestingly they're called Red Yeast Rice. Have you heard of that one?

Dr. Sam:

Yep-yep. That's familiar.

Dr. Cathy:

Yeah. And it's got a natural model statin which is the same kind of chemical that the prescription statins has but in much lower dose. And that there are also other HMG coenzyme reductase inhibitor-like chemical. And that big fancy term just means red yeast rice acts very similarly to the prescription statin. Some people like that though because they don't have to go to the doctor and get a prescription but you'll still have muscle concerns and you'll still have liver concerns with red yeast rice. So people do have to get their blood work done on a regular basis even though they're taking that over the counter without their physician's knowledge. It's fairly effective. It lowers cholesterol 25% or more depending upon what your genetics predispose you to. But it is not really become one of the more popular choices interestingly because you have to take 2400 mg a day, and typically that's 2-4 tablets depending upon the formulation. And it costs about \$30 or \$35 a month which is very similar to a prescription Copay for one of the statins. So it's out there. It's a good bridge. But it's not one of the more popular ones. Then there's something called high dose Niacin. And Niacin is a B vitamin. The same B vitamin that we see in our multivitamins but in a much, much higher dose. In fact it's typically 2 mg or higher to get the job done. And in that high dose liver damage is possible. Long term, one could

have blood sugar problems, could have cataracts, gout. So it's a short term solution. But the biggest issue with niacin is the flushing. And I don't know about you Sam, but I am sort of an experimenter. And one day when I didn't have anything else better to do I actually took a 500 mg niacin. And in about 20 minutes and I became red as the beets all over my body. I was – I felt like I was being attacked by needles. It was painful and uncomfortable let alone embarrassing. One of my cardiology friends was out in the hall and I was frantically asking you know how long is this gonna last. And of course he was laughing at me. Well it will be done in 20 minutes. And I said, well – okay I guess I'll just tough it out and I didn't pre-treat with an aspirin and that's what they'd typically tell you to do. Eight hours.

Dr. Sam:
Oh my gosh.

Dr. Cathy:
Eight hours later and I was at work this entire time.

Dr. Sam:
Oh no.

Dr. Cathy:
It was really, really stressful day.

Dr. Sam:
And this is 500 mg. And you're suggesting 2000 mg, wow.

Dr. Cathy:
Yeah you can't start out of the gate with 2000 or 2 g. You have to do this under the advise and consent of a physician. And there's different formulations that help minimize statins and so on and so forth but it's very very successful. And lowering LDL does boost a little bit the good cholesterol or the HDL. So it's a popular add-on. A lot of doctors will add that on with the statins. Some will start you out with Niacin if your cholesterol is a little high and you don't want to go straight to one of the

statins. Niacin is a prescription medication. The regular release forms are the forms you want to stay away from because those are the ones that would cost you to look like I did and feel like I did for long periods of time.

Dr. Sam:

And what about those no-flush Niacin? Do those just not work? (22:50)

Dr. Cathy:

No, those are the sustained or the extended relief. There's actually two different versions. Yes, they do work but still there are occasions when you are taking higher doses and its tough. And a lot of times docs will say well just go ahead. And if you're not you know, if you're not contraindicated then go ahead and take an aspirin. And then again the doctors are guiding that regimen or that intervention. And the last couple of supplements I want to mention are policosanol and then the phytosterol. And the policosanol is kinda cool. It's a derivative of sugar cane wax. It's actually a fatty alcohol. It waxes the formation of cholesterol in the liver. But it's got some funny studies out there, meaning; unless you find this stuping formulation you may not have the benefits that you were hope to see. But it is probably less effective than red yeast rice. Less effective than the sustained or extended-release Niacin, the high-dose Niacin. But its probably a little more effective than the plant sterols – and it will last longer while the sterols mainly last a couple of years. And the sterols come from different sources. There's a margarine called Benecol that comes from pine trees. Another one is called Take Control that's made from soy beans. There's stanols --- the margarine are expensive. You have to eat a lot of the margarine to get the benefits. It wouldn't be a stand alone. There's also supplements that has sterols. And then I am looking at one right now that has – see if I can read this - beta Sitosterol. Beta-Sitosterol which is one of the two or three most popular. Sterols may decrease your cholesterol 10-15%. Policosanol if you're lucky 15-17%. None of these over the counter herbs and vitamin come close to what a statin can do. Cause statins are pretty powerful even in low dosage so if side effects are your concern, there's a room to --- in the prescription arena as well as the over the counter.

Dr. Sam:

So if people want to do something natural, there's red yeast rice which acts similar to a statin which I think, was it mevacor is it? I think they were trying to get the red yeast rice off the market coz they're pretty much the same compound.

Dr. Cathy:

Isn't that interesting? There was actually a lawsuit as I recall with Mercks and the herbal manufactures won. But again for our listeners, say there are eight other compounds that are in the natural reformulated red yeast rice. That are very like low-statin or the statin prescription is just in much much lower proportions or amount.

Dr. Sam:

And again they can also take Niacin sustained released. But both the red yeast and the niacin they need to be careful with their liver. And also like you say that the – it still has some – the red yeast rice also sell those statin side effects. So listeners, don't just take a handful and hope for the best. And also the policosanol and phytosterols are good additives, right? Now – go on, go on.

Dr. Cathy:

Oh I'm sorry. I was just gonna say. You brought up a good point. A lot of people take combinations of these agents. It might be well to just remind our listeners one more time that it's really important to have the help of a trained pharmacist or a trained health care professional who has knowledge of the critical studies behind these agents. And understand how they work together or don't work together to your benefit or potential toxicities and we can help you manage them.

Dr. Sam:

It's – listen, people it's like you know baking a cake. You might have all the same ingredients but the way you mix it together you can have a great tasting cake that goes down wrong or you can have one that's horrible you'll throw it up. So whether it's just because you go online and you find a supplement that says contains all these ingredients doesn't mean that they contain the right amount or the correct extract or anything you know. You

do need to do your research. You do need to find a reputable company and as Dr. Cathy has stated, need to work with someone who knows about these stuff and not just mores better or think take three of these and that'll work.

Dr. Cathy:
Exactly.

Dr. Sam:
So, one of the things I want to also bring up is – in my own research, you know, while I was doing all these stuff for my parents, homocystein would come up a lot in my research. That's a pretty big indicator of potential heart disease and problems. And I know regularly nobody ever speaks about that. And, what's your take on homocystein?

Dr. Cathy:
Well, I have a theory that it probably is an independent risk factor for heart disease at some point. It's very easy to test. Honestly I'm surprised that more family practitioners aren't testing for this because a lot of doctors testing for HSC reactive protein and inflammatory you know calcium content in the cardiovascular vessels and a lot of these fancier tests. When it would be really easy to just draw a little extra blood and see how high the homocystein is. But interesting part about homocystein is that even though it's very easy to keep in a normal balance with some of the B vitamins, such as B12, or B6, or even folic acid. There's never really been a good clinical correlation with low homocystein or normal homocystein and clinical heart risk, meaning risk for heart attack or stroke. And there are – now studies are coming out with regard to higher doses of folic acid linking that particular B vitamin to some types of cancer.

Dr. Sam:
Wow

Dr. Cathy:

And I tell you – I have a lot of respect for the literature. Even though the B vitamins are water soluble and one would think that they cannot accumulate. That the kidneys would just simply eliminate them. Here is an example where one taken into the extreme may end up causing more harm than good. So not only are you not impacting positively your heart health, by taking mega doses of these B vitamins to lower your homocystein but in fact you in long term even be causing more problems with regard to typical potential cancer risks. And the final comment on all of this is that be a good label reader. You said that earlier Sam and I just love that. You cannot over emphasize how important it is to pick up that bottle every time you repurchase. And check and see if that company didn't just reformulate under your nose in that less 30 or 60 day time period because that happens all the time. And many companies put in mega doses of products counting them to be for example stress reducers. So B complex for stress reduction. 3,000 % of recommended daily allowance. Does that make sense? Do we do anything 3,000% in life? Does the body respond to 3,000 of over emphasizing exercise? Or anything for that matter? Typically no, that's an out of balance strategy that for which we pay the price.

Dr. Sam:

Well, and the other thing is I think that some people then say hey you know what I'm going to get healthy, and I'm gonna get my diet and exercise right. You know what I'm gonna start taking my vitamins and pills and ill start taking this and ill take another product and this and that and then they don't ever think of combining everything and take a look at alright I've got 5 vitamins and three of them have vitamin B6 for example or B12 or whatever. And maybe you know this is like a hundred percent --- but together they come up like 5 million percent and well I better you know again I guess this is poly pharmacy where you start combining a lot of things together and now you really an expert because its like air traffic. You start too many airplanes and the end eventually somebody will crash and burn.

Dr. Cathy:

We've got some great examples and I'll tell you bring me right up to say that I love to share just a snapshot ah with our listener about. Its from new England journal of medicine. I think its about ten years or so since its been out now. Its Brown and his colleagues. And they actually looked at this very concept started out with people who had already some level of heart disease meaning they had angina or plaque build up in their coronary arteries to some extent and they had higher cholesterol. So there were four different arms in study: the first arm was the prescription Statin Velcor plus the high dose Niacin that were talking about it earlier. That was the first group of patient. The second arm was composed of people that took just antioxidants over the counter and they were I think Vitamin C, Vitamin E, Zinc and Co-enzymesQ10 and Selenium but just antioxidant. The third arm was all of that. Velcor, Niacin and all five of antioxidant. The fourth was sugar pill. And guess what? The third arm was the antioxidant, vitamins and supplements combine with the prescription Statin and prescription Niacin made the cholesterol go back up made the coronary arteries be field with more plaque.

Dr. Sam: Wow!

Dr. Cathy:

Who would ever guess? And I'm still trying to determine in my mind why did that happened. Those antioxidant were a magic combination. And the doses were magic combination of each. But one thing stood out for me and that was the Vitamin C. Vitamin C in a thousand milligrams is probably a pro-oxidant. Meaning its not helping you reduce free radicals. Its causing you to have more free radical formation. Or reversing the good that you think its supposed to be doing so more is not always better and the combinations. don't always work. And its really important to disclose to your doctor. What you're taking over the counter for this reason?

Dr. Sam:

And you know here's another thing. Ah I know sometimes you know you just said tell your doctor. Ah sometimes you know well or I should not say sometimes. I think most of the time most people doctor's don't know and don't care. And my suggestion is find one that does. You know. Put on the effort and find one that I know someone just wanted a doctor like in and out like 30 seconds all I did just get 2 different description. Its like The guy didn't listen to me. And need to really voice it and that's coming from me cause I know what I'm talking about. So, I deal with doctors and specialists who I know can listen and know about this. Some doctors maybe HML and there on the gone to see 80 people in one day. So, again if you cant speak to your own doctor, find you one that you can, and someone does know this because you really cant you know just do all the stuff on your own. And again, I deal with a lot of people and a lot of athletes and they gone on with some big help cake. Hey men, I think need some energy and they buy 10 different energy products and they wonder why they have a full-blown insomnia. Because they're just taking so many things the bodies can be overloaded and oh my, this is the opposite now. You have insomnia and yet you're tired cause you're not sleeping anymore at night. So...

Dr. Cathy:

Well, I think their wallets must be depleted as well. Because a lot of products are as you know though the proteins all know are extremely expensive. But, you know I think the sufficient is a great place to start find somebody that's gonna meet your needs and be relentless about that because they are out there. But also, make a friend with a great pharmacist in your town. Somebody that is gonna take the time. You know the pharmacist is extremely busy too. And I'm not gonna you know denied that. I think we've come into a time when that productivity is pretty much the motivator in both of these profession for obvious reason. But, if you can people like myself, who are taking the time to read the literature and the non-traditional arena and stay close to the evidence so you get good solid information. The pros and the cons.

Dr. Sam: YES!

Dr. Cathy: *That's a great person to put into your health care team as well.*

Dr. Sam:

Hmmm...its ah listen when you find someone like that -- send him a gift because they're rare and they care and they're passionate. You know its not 9-5 let me run the numbers and go home, they really care about it, they like to read the literature and they're passionate enough to be curious enough to see—well you know this kind doesn't make any sense. Let me look the other end of him play devils advocate. And then they know the pros and cons you just mentioned. Umm...okay its so we talked about the drugs, we talked about some good supplements. What about like you know species and or foods that help you know give you healthy cholesterol levels? What do you suggest there?

Dr. Cathy:

Well I love those...I love those product my job I think I've become a closet nutritionist ...without certificate and I shouldn't say that too(interviewer laughing)the dietician out there don't worry. ...I've been a good girl here. I've really in the last 3 or 4 years just feverishly started to read about whole foods. And the incredible importance of the combination of constituents in whole foods that you will never find in a bottle. Whether its in over the counter or prescription. Its amazing to me what mother nature provides. And to that end, here are some fun tips that our listeners might enjoy. So spices. Cinnamon of the shelf is a great spice to lower cholesterol. And it only takes about half a teaspoon a day. To do that, you're not gonna get the benefit that you do from red yeast rice or from Statins not gonna be that powerful but it does work. And you can use that as, check the box it contributes. About a teaspoon a day, as a sign that will lower blood sugar in Type II diabetic. So don't shake the whole container on your oatmeal in the morning coz you can a upset stomach and worse from too much cinnamon but just have a teaspoon a day will lower cholesterol. A glove of garlic or half a glove a day is also another good food option. Or garlic spice. If it doesn't smell bad or it doesn't have the active ingredient allicin so probably its gonna work. I spear patients away from garlic capsules because most of them are ineffective. But its great, garlic is a great antioxidant and a its wonderful addition both in spice and in whole food to add with a extra

benefit in cholesterol lowering. And there is artichoke and soy, pomegranates, fiber like bran, fiber, fiber like beans all those are great addition to the diet to lower cholesterol.

Dr. Sam:

Yah, ..., you know I tell people your liver is really important when it comes to cholesterol also I think blood sugar. Ah... and then insulin can contribute to cholesterol problems and you know well cinnamon is good. Anything with fiber is always good just for overall health. I think ah most people are lacking in fiber. To begin with, and ...you know, you can take things like psyllium husk and fiber pills or some to get some rough eating on diet, you know bran, and beans, definitely vegetables-the greener the better. ... let's see. Let's see. Ah, okay. Here's one thing I know I mean. I take fish oils. I take omega 3s and I know, now you know, obviously it becomes I used to take flaxseed oil about 15 years ago. Before anyone really knew about it. Ah... but now everyone is going super crazy with the fish oil and they're just taking you know everything that they can get their hands on. What do you think as far as fish oils and omegas and flaxseed in all that in regards to cholesterol?

Dr. Cathy:

Well, in my humble opinion, from what I've read neither one of those there gonna be means to lower cholesterol. Now they do have a value, in patients do have high triglyceride – another type of fat ...in the body. The dosing however would be really high. There's a actually a prescription fish oil is called a Lovaza. And, its use for people who have triglycerides in the 300 and 400 and above. But the Omega3 fatty acid fish oil that commonly seen on the market is at the end of the day really ah a product contains 2 acids that are contributing to health. Those acids are called EPA AND DHA. In DHA has been popularized in recent literature and in the press with regards to pre-natal vitamins. Because, of its positive effects on mental status for the babies and for the moms. So, a lot of pre-natal vitamins now are taking one of those acids for DHA components of omega 3 and pumping up the pre-natal vitamins with that. But the one study that I've read that has looked at one of those acids of Omega3 and in fact it was EPA alone required 2 grams of EPA daily. To have any influence on cholesterol and that

is not a safe dose in the over the counter world. In fact, that can increase your risk in bruising and bleeding. So, the bottom line is if you think taking fish oil to lower you cholesterol. Guess again. Flaxseed is farther field in lowering cholesterol than even fish oil because flax is compose of ALA a precursor to EPA and DHA which are all 3 omega acids, but the body doesn't stimulates ALA like it does EPA and DHA for mental health or for cholesterol lowering and for those higher doses or for diabetes or for heart health or for memory. So flaxseed, I would say take it off the shelf and that's gonna be unpopular opinion but I'm saying that for two other reasons. One because it's a phytoestrogen and I really don't like phytoestrogen as far as supplements go because we get to many hormones in soy based products and our diet already. And many women who had or many individuals all say who would had hormone dependent cancers or a history of that in the family are probably would do well stay away from the anything of hormone based or estrogenic. Flaxseed believe it or not is a phytoestrogen. Above the only good news is that it has an antioxidant value with lignan content but that's the phytoestrogen part of it. So, long story short is, I think that the current American Heart Association recommendation for fish oil or for general health is no more than 500milligrams a day of EPA and DHA combined. Not a thousand milligrams. Not 4,000 milligrams. And again the higher doses gonna get you into bruising and bleeding, but for what its worth, in my mind, more is not better and I believe in everything, everything in moderation.

Dr. Sam:

You know, years ago when I first got, you know on a flaxseed bandwagon, uh, originally I got some good results , coz I just was having, you know back, back in the 90s ...I was like having a zero fat diet. Obviously that was not good and then I went on to the other extreme, it's all taking you know the flaxseeds and I actually did get, you know, smoother, not just because of the extra fat because when I did do the blood test my estrogen was higher. And as you mention a lot of estrogenic issues that we have, whether it's on the water or phytoestrogens from our food and the other one the large soy and soy you know has estrogen issues. So I completely agree and I have to learn that the hard way myself and uh again these

interviews and speaking to experts like Dr. Cathy the whole point is, learn from my mistakes (yeah). You don't want to go goofing around and put your health at risk or you know what, if maybe you don't care about your wealth you care more about the money. Don't waste your money on a lot of things that you don't need. Uh, moving to, Fish oil , uh, is good but obviously you know, I have a friend who fell down and he was an athlete and he was taking a ton of fish oil, and I remember and uh, he was boxing at the gym and he got punched in the nose he said men I don't know what's wrong I have been like bleeding for 40 minutes straight. and I said are you on aspirin and I said that and you know, that the next day I finally discovered that this guy was taking like 30 to 50 fish oil pills a day. (Ooh) And you know now, he wasn't bruising or he wasn't this but God forbid coz if he got in a really bad accident he would have just kept bleeding out.

Dr. Cathy:

On lower doses Omega 3's are great anti-inflammatory and I think there's more and more literature and tested data and perhaps studies uh and animal studies where anti-oxidants and anti-inflammatories together are powerful for many reasons, just not for reducing risks for certain types of cancer. And I believe with all my heart we're gonna find a place for both of them, in our diets, routinely , uh, for our healthy choices. So again, if you want to stay away from supplements but you like the idea of anti-inflammatory value and anti-oxidant value, let's go to the long list....long list of colorful fruits and vegetables for the anti-oxidants and let's go to the shorter list of almond , white tuna, herring, sardines, walnuts , for anti-inflammatory value and just get those going as a regular course of your nutritional plan.

Dr. Sam:

And again, more estrogenic,not always.....you know what , in terms of moderation, I say this because I think sometimes someone will read an article or listen to an interview, and I like, that's it. And then they go, you know, crazy with it and they start doing everything and you know all of a sudden, it's like oh, you know, we always suggest that you take some fish oil and not take a thousand of fish oil and start eating fish all the time and this and that we think, so again, Balance. ,,... earlier you mentioned How vitamin C might be pro-oxidative , so it actually may

worsen heart diseases. And is there anything else that uh, people should know about regarding supplements or foods that may actually make things worse even though they think they are making it better?

Dr. Cathy:

Well, there's one supplement I guess that comes to mind and it is Niacin. A lot of people are choosing to use that for cold sores. Uh, it treats herpes simplex, and I think that a lot of people use that pre-emptively, meaning they are taking it preventatively all the time. And I want to at least mention the fact that that raises cholesterol and people may not associate their higher cholesterol with it, although it likely works very well to prevent cold sores. , you know, taking it everyday for 5 to 10 years is probably not a healthy thing if you have cardiac history or your cholesterol is already sort of borderline high.

Dr. Sam:

It's good to know, I mean people think hey, it's a supplement, it is amino acid, it is healthy but it make you know, it may do you know, because the body does not work in a vacuum, just because it does one thing it does not mean it does not affect anything else positively or negatively. So, always do your research. , now anything else you suggest or any core, new research that people should know about regarding uh, cholesterol or heart disease that you want a give us uh, or insider tips on ... ? .

Dr. Cathy:

Yeah, I've got two. There are two studies that just came out recently in the cardiac arena that talk about other holistic modalities that have value in terms of either preventing heart attack or secondary prevention or just , sort of adjunctive to diet and exercise and whether you're choosing prescription meds or supplements like we've talked about today. And most of these, such things, as in the spiritual world, prayer. , interestingly the American Heart Association studied some of the research that's out there and I'll be honest with you, some of it is positive in outcome and some of it is negative. When one for example, works at intercession prayer, the results for patients who had had open heart surgery weren't always positive. Uh, but the intercessors didn't know that the patients haven't spoken to the patients. The patients were told that people were praying for them. They

could have been anxious, frightened that you know, why are people praying for me like do I have uh, you know, a poor outcome expected and so on. And so there's a lot behind that, that could have been the reason. But my point is, uh, there's a lot more to healing than what we've talked about today. There's a lot more in health than just taking things out of a bottle and eating right or exercising right. And then it gets into our emotions, what our thoughts are, how we handle our stress, is there some component of spiritual walk in our life. Do we have support system? Do we forgive others? Are we trying and serve our community uh, first, as opposed to leading and always wanting things our way. And guess what, all of those are prevalent in healthy heart, healthy bodies and healthy lives. So research is out there, many people think that it is not. But for me, if the American Heart Association and the academy can support other types of non-traditional modalities, medication, acupuncture, spiritual journey, and work, you know I'm gonna go towards that and continue to seek out studies that prove for those who need that proof that we are on the right path.

Dr. Sam:

You know, I'm glad you said that coz nobody ever thinks about that's it because maybe prayer or being positive is sometimes all mambo jumbo, or something people can't really, wrap their head around it, you know, they can't touch it so, they don't really understand it. But, I know someone who is super healthy. I mean, everything is organic, exercises everyday, vitamins this and that, no alcoholic, Really, really epitome of health and she looks fantastic too. She has breast cancer. And she had everything taken out, but, I would always tell my friend, you know, I think your mom's gonna get some kind of cancer why, because she was always grumpy. She was always being negative, would always be quote and quote bitching and moaning and groaning and complaining. And you know what, that eats up the body no matter what you do if you always focus it on yourself and on your problems and you are not willing to give and help other people and just you know what, just give to other people and you won't have to worry about all your problems because a long way to heal yourself, to heal the body and to heal the mind, to go to sleep well at night. And to just let your body do what it's supposed to do rather than, always try to put out internal fires.

Dr. Cathy:

People work awfully hard at life and I honestly believe that the highest level of healing is that spiritual lock and it takes a long, long time to get there for most of us. And it requires wisdom and experience and this school of hard knocks. But there is no greater joy. And these are simple concepts that we've heard from the time we were a child, there is no greater joy than giving. And nothing and there's too powerful and they are the highest aspects of our completeness and uh, their continual growth and so if you think you got it all figured out today my friends, guess again coz it's gonna keep on and keep on until the day we transition..... from words of wisdom, from one who, uh, from the school of hard knocks learned as well.

Dr. Sam:

Some of the most miserable people I know are people who are bored. And because they are bored, they always focus on themselves. And when they focus on themselves, will always me and this and that... you know what, just be quiet. Go volunteer and help someone. You know someone's busy giving to someone else, it's just, you won't have time to worry about yourself.

Dr. Cathy:

, how do you think people typically to get started on that path? Sam, do you think they have a crisis or life experience or do you just think they just come to a certain point in life?

Dr. Sam:

Where, people who are miserable or people who are happy?

Dr. Cathy:

People who are giving.

Dr. Sam:

You know what I think something happens, I believe, you know, either way, no matter whether, you are happy or sad or depressed, or whatever, you need to work at it. And overtime, it becomes a habit because you know, you go out somewhere and you'll notice that on a person, and you go on vacation with them. It is like every little thing they are complaining about. And then you have someone else who's like, oh the plane is delayed, cool I can go grab that magazine that I wanted and this and that and I gotta go to bathroom anyway, and I'm gonna go and grab some of it and eat real quick. And then you got that person, oh men, the plane is delayed, it is gonna be long, the plane's gonna crash and it's become, I think a habit. And unfortunately, something has to change in your life and either you make that conscious effort to make that change. You know what this isn't worth it. This is it, I'm being my own worst enemy or something bad happens in your life. And that friend of mine whose mom got cancer and the cancer won't cure up, this and that, oh I'm gonna change my life and this and this and praise this, guess what, she is back to being forgive me, a total bitch. And now, guess what, she is sick, with other problems. And you know what, she went back to her old habits. And you can't, you have to make a conscious effort people to just say, you know what I tell people, anytime something bad happens, just ask yourself, well, what else could this mean? Hey, you got in a car accident, oh what else could this mean? Well, ok, it sucks, my insurance may go up, it's gonna be hassle, what else could this mean? Well at least I didn't break anything, I didn't lose my wife. You know, there's a well-known doctor the other day, someone sent me a facebook thing, he was texting and he went off uh the road, off of the cliff and he was a well-known doctor here in Los Angeles and he and his dog died. I mean people, things could always be worse, instead of focusing on the worse, focus on what you have. It is so much easier to get through life. And like they said, it takes more muscles and more effort to frown than to smile.

Dr. Cathy:

I am smiling now.

Dr. Sam:

Good. You know what, there's a study done and uh, I'm horrible at memorizing studies and facts and figures but something that they have taken manic-depressive, people that have been depressed for like ten plus years and they have been on drugs, this and this. They did this study and they made them, they force them to smile from ear to ear like uhhhhhhh like the fakest smile that they can do for thirty minutes everyday . All their depression symptoms, everything went away. These are clinically depressed people. It all went away.

Dr. Cathy: *I believe that.*

Dr. Sam:

So, you know, again, if you can't, I remember, you know, Arnold Schwarzenegger, was one of my mentors and I was reading his book , you know, he willed a lot of things. Even when things were bad, he willed it into something positive . No, this is gonna be fantastic, he would say, this was gonna be fantastic. And you know what, for a guy coming in this country in his twenty's as an immigrant, who never spoke a single word of English, he was quote and quote dumb body builder, not that great of an actor and he is the Governor of California, that's a big deal.

Dr. Cathy: *It is a big deal.*

Dr. Sam :

And even , ...positive attitude. So, now, we are off topic with cholesterol. But you know , cholesterol like any other little problem in your body is, you know, can start from the mind. Okay so, as we've listened to Dr. Cathy, and this is wonderful as it gets, and see, this is why she ever matters, she is very balanced and holistic, and from beginning to end, inside and out, for both the drug aspect as well as the spiritual message, very rare as a gift, in my opinion. Now, to get in touch with her, her website is Rxintegrativesolutions.com. You got this, Rxintegrativesolutions.com. Uh she's got always greater issues from there. She's got a blog.. You can catch her on weekday.... twitter uh, and on also your radio show. So people I think, where is your radio show, uh, aired?

Dr. Cathy:

It is on Monday night, at 5:30, and this is Eastern standard time. It's on WMKB in Cincinnati. It's 89.3 fm. We are streaming on line, concurrently, and then it's on iTunes and pod cast after each show.

Dr. Sam

And uh, I bet also right now, there's links, uh, to that as well. And again, just go to her website. She's got it all. And again, that's Rxintegrativesolutions.com. Dr. Cathy, thank you so much. This is wonderful and I'm sure, I appreciate it and I know the listeners appreciate it too.

Dr. Cathy:

It's my pleasure Sam and thank you for having me.

Dr. Sam: Ok sure thanks, goodbye.

Dr. Cathy: Bye.