

Microcirculation for Maximum Vitality, Health and Longevity

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Our microcirculation provides vital energy to live life; health and wellness to maintain life; immune function to sustain life; and longevity to retain life!

All of these critical life-giving and life-sustaining factors depend on the efficient supply of vital nourishment, oxygen and water to your body's organs, muscles and tissue. These elements are carried in your blood through your microcirculation system consisting of 18,000 miles of capillaries.

However as we continue to age, our tiny capillaries can become narrower, twisted and kinked. Blood cells can become larger and the viscosity of our blood can become thicker. This can rob us of our vital energy and proper nourishment to the billions of cells in our body. It can also reduce the removal of metabolic waste, CO² and environmental toxins that have accumulated.

Each and every minute, your heart beats an average of 72 times. That's over a 100,000 beats per day, or nearly 38 million times a year, sustaining your life by delivering oxygen and nutrients while also cleansing your body's trillions of cells. It's the ability of your blood to travel through the thousands of the miles of blood vessels that determines whether you shall enjoy a vital and healthy longevity or die pre-maturely from heart disease like one of the nearly one million North Americans each year.

The reality is that the choice of ignoring circulatory health claims a life every 30 seconds in the U.S. and Canada. This is the moment to make your choice. Commit to learning more and doing more to protect your own circulatory health for you and your loved ones. If you don't, who will?

Some of the most brilliant medical pioneers are dedicating their lives to working in medical research departments and institutes that are now fully dedicated to the study of microcirculation. Today it is now clearly understood that the single most common thread to premature death is impaired microcirculation.

A very clear conclusion of the research that was shared at a recent conference by Dr. Rui-Juan Xiu from the Institute of Microcirculation reported "There is almost no disease which has no relation to the microvascular field."

The experts all agree that improving your microcirculation is essential for you to enjoy a long and healthy life. Entire medical journals are now dedicated to the topic of microcirculation, including one simply called

"Microcirculation". The conclusions are profound, liberating and supportive of the medical fact that "genetics may load the gun, but diet and lifestyle pull the trigger."

Controlling your diet and lifestyle is a great place to start when it comes to statistically improving your circulatory health and overall vital wellness. But a good diet is not enough when your quality of life and longevity are in the balance as the scientific evidence has now shown.

Don't allow yourself to be lulled into a false sense of security like the hundreds of thousands of people that die each year believing that all they needed was great cholesterol. There are more than seven cardiac disease risk values and they have one thing in common, they all affect your life-giving microcirculation:

- Total Cholesterol
- HDL (good cholesterol)
- LDL (bad cholesterol)
- VLDL (very bad cholesterol)
- Apolipoprotein A
- Homocysteine
- C-Reactive Protein

Controlling these vital-aging factors will:

- Decrease the stickiness of your blood.
- Optimize the size of your red blood cells.
- Increase and protect your existing microcirculation.
- Heighten your level of antioxidant protection.

Each of these vital-aging factors can be accomplished with a healthy diet and lifestyle, augmented with scientifically researched natural medicine approaches. These should include herbal supplements found in Traditional Chinese Medicine (TCM) that can help enhance the quality of your blood, plus 'reflected energy' that can help increase microcirculation in targeted areas like the head, neck, shoulders, elbows, wrists, lower back, knees and feet.

Contrary to what most people believe, heart disease should not be considered a "male" disease. In 1996 alone, 52.7% of all female deaths were circulatory related compared to 47.3% for men. This also equates to more deaths from circulatory issues than the next 16 causes of death combined. Your circulatory health is absolutely the best investment you can make statistically. It is "a sure

thing” when it comes to feeling better, having more energy and vitality, and living healthier longer.

There is not a single living cell in your body that doesn't rely on microcirculation for sustenance. Indeed, microcirculation can be equated to watering a garden plot. Without it the garden won't grow and will fail to survive; and certainly not thrive.

The vast majority of the vital functions of circulation occur within the 18,000 miles of your microcirculation network of capillaries in your body. These capillary blood vessels can be so thin that it takes 10 of them to equal the width of a single human hair. In fact they are so narrow that your red blood cells which deliver the life-sustaining oxygen can only pass through them single file, hence making the size of your red blood cells a critical factor.

An adult will weigh on average 120-220 pounds, yet it is at the microscopic level that they truly exist. In just 2-3 drops of blood for instance, there is over a billion life-sustaining red blood cells that provide vital nourishment through the ultra-thin capillary walls.

The Vital Importance of Healthy Microcirculation

Hypertension (High Blood Pressure)

Complacency is dangerous when it comes to heart and circulatory health. Virtually all of us have elevated blood pressure readings throughout the day depending on stress levels. In fact, over 50 million Americans have diagnosable high blood pressure that is destroying their circulatory system each time their heart beats.

A vitally important fact to recognize is that as your heart, just a 10-ounce pump, experiences wear and tear, it is further compounded by compromised microcirculation. Even under the best of circumstances at rest, 27 percent of the total resistance that your heart must pump against arises from your microcirculatory system, though only 5 percent of your blood is within these small vessels while at rest.

Thus an unhealthy microcirculatory system can contribute to higher blood pressure as well as the starvation of your cells. In fact, a leading cardiology journal summarized it well, “Anti-hypertensives (drugs) should not only be assessed by reduction of blood pressure, but also in terms of their capacity to prevent or correct structural changes of the microvascular network.”ⁱⁱ

Diabetes mellitus (Sugar Diabetes)

Diabetes is the single fastest rising cause of death in North America, with new cases piling up at a rate of

800,000 annually. One of the major reasons for pre-mature death from elevated blood sugar arises from compromised circulation leading to heart disease, high blood pressure, kidney disease, dental disease, nervous system disease and countless types of infections. A study conducted at the University of Exeter in the UK concluded that, “The late complications of diabetes represent microcirculation dysfunction”.ⁱⁱⁱ

Millions of North American's are walking around undiagnosed, yet the increased damage to their body is occurring each and every day. In Maryland alone, there are estimated to be 258,000 residents with diabetes, with only half of them having been diagnosed. The impact of early intervention and microcirculation support cannot be over emphasized; educating a friend or family member can be a life-saving intervention that rewards you and them literally for a lifetime.

Smokers Require Enhanced Microcirculation

If you or a loved one smokes, it is imperative to increase your antioxidant intake and improve your microcirculation. Individuals addicted to nicotine experience a narrowing of their arteries (vasoconstriction) that increases the resistance in their circulatory system as noted in the journal, *Microcirculation*.^{iv} The ultimate effect is that the heart must then pump against greater resistance, while at the same time there is less oxygen and blood flow in the body to nourish tissues and remove additional waste products. Until you or a loved one is successful in achieving the ultimate health enhancement of smoking cessation, investing in your health by improving microcirculation and increasing antioxidant protection is key.

Are You Stressed?

The answer for virtually everyone is ‘yes’. Whether it is mental or physical stress your body is constantly barraged by outside influences that challenge your ability to survive amongst the chaos, let alone survive. The effects of stress are numerous and include lowered immune function and diminished blood flow. Thus, with increased stress, the tissues of your body are asked to cope with a heightened level of alertness or readiness, commonly known as the “fight or flight response”. Yet during stress your circulation to vital internal organs is detrimentally altered as reported in *Microcirculation*, a leading research journal.^v Millions of us exist in this state of proverbial drought conditions when it comes to proper circulation. Therefore, actively

enhancing overall circulation is vital to support your body's ability to survive the daily grind.

Natural Solutions to Augment Your Microcirculation Health

Billions of Chinese and Asians have looked to medicinal mushrooms and plants to help their cultures and health flourish. Now the wisdom of past centuries has been confirmed by modern research to help people around the world enjoy enhanced health. By “blending the best of science and nature” you can augment a healthy diet and lifestyle with Traditional Chinese Medicine (TCM) herbal supplements along with grape seed extract and vitamin C

LingZhi - Researchers have documented that this medicinal mushroom possesses the ability to support immune function, provide antioxidant protection, help fluidity of blood flow and augment life-sustaining Chi, the energy credited by Asian cultures as the root of all life. Its' use to support microcirculation is of paramount importance and complements nicely the delivery of its many other traditional medicinal uses. ^{vi}

Cordyceps - Clinicians around the world utilize Cordyceps to support the adrenal glands that are responsible for helping cope with stress, modulating immune system health and are also involved in enhancing endurance and stamina. This is important for both serious athletes and weekend warriors alike.^{vii} Controlling stress is essential to helping us to ensure our healthy microcirculation.^{viii}

YunZhi - Nutritional oriented health care providers use YunZhi to enhance immune function, plus its' additional properties relative to microcirculation and supporting life-sustaining Chi are equally impressive. It is this sustained Chi that supports healthy lungs, heart, kidney and immune function.^{ix}

Grape Seed Extract and Vitamin C - The active properties found in grapes have been shown help support enhanced circulation. Studies have shown increased circulation in test subjects with coronary artery disease ^x, hyperlipidemia (excess blood fat) and healthy subjects. ^{xi} Proanthocyanidins from grape seeds have exhibited numerous biological and pharmacological effects including anti-bacterial, anti-viral, anti-inflammatory, anti-tumor^{xii}, anti-oxidant and the very important cardioprotective effects. ^{xiii} “It has been shown to serve as one of the most potent free-radical scavengers and antioxidants in vitro and in vivo”^{xiv}, (outside and inside the body).

Vitamin C has been shown to possess the ability to improve vasodilation (relax blood vessels) in individuals with high blood pressure. ^{xv} There has been consistent research findings that higher intake of vitamin C intake is associated with healthier blood pressure, thus improving overall circulatory health, decreasing the workload of the heart and improving the efficiency of the cardiovascular system. ^{xvi} Also noteworthy is that individuals with peripheral arterial disease, frequently have lower levels of vitamin C and higher levels of C-reactive protein, a marker of inflammation. ^{xvii}

It is currently theorized that high blood pressure arises from excess oxidative stress, meaning that insufficient antioxidants are present to meet the demand to quench free radicals. More specifically the concern is that increased production of free radicals are occurring in the arterial wall, that too little nitric oxide ^{xviii} (blood vessel relating substance) and damage to the lining of the blood vessels is occurring. ^{xix}

Reflected Energy - Simply put, ‘reflected energy’ from nanotechnology research helps deliver passive health support. It has the ability to reflect your own internal energy or “Chi” back to your own body, to help vasodilate and improve microcirculation while also helping to conserve your body's naturally occurring Chi. Reflected energy has been applied in numerous health supportive applications. These include shoe inserts and socks, knee supporters, elbow supporters, wrist supporters, lower back supporter and ergonomic pillows. These all have the ability to reflect and direct our energy to passively enhance microcirculation in targeted tissue. This helps to relieve joint aches, helps reduce inflammation, enhance nourishment and the removal of waste and toxins.

Summary:

A very powerful expression that speaks volumes is simply: “Today is the beginning of the rest of your life.” Whether you decide to defend your health and the health of your loved ones or not, life will go on. Yet the quantity and quality of your life is ultimately up to you, for if you don't care enough, no one else can or will.

To further complicate matters, as we age the size of red blood cells (RBCs) can become smaller or larger dependent upon your nutritional status. RBCs should remain normal sized for optimal effectiveness in carrying oxygen and nutrients. Likewise your immune system also counts on healthy microcirculation to deliver your body's army of white blood cells to defend against bacteria, viral,

fungal and other life-threatening illnesses that top the statistic charts in North America and the world.

It is my heartfelt wish that today you will decide to treat your microcirculation health seriously, for your life depends on it.

My mission is simple:

To help educate and empower individuals to eat healthier, live wiser and invest in their life-giving and life-sustaining microcirculation!

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^v Perretti Mauro et al., The Microcirculation and Inflammation: Site of Action for Glucocorticoids. *Microcirculation* 2000;(7):3:147-161.

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**Note: These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.**