



## Can Organ Energy Help Fight Cardiovascular Disease?

Western medicine learns about cardiovascular disease and blood pressure through research on enzymes and the biochemical function of blood vessels, heart and kidney cells. On the other hand, in Traditional Chinese Medicine (TCM), practitioners look for deficiencies and imbalances of energy in the spleen, liver and kidneys. When these dysfunctions of energy become chronic, they can create structural abnormalities in the organs.\*



In TCM philosophies, there are three basic organ energies that control the function of the heart, blood vessels and vascular system. These three energies may also have an effect on the cardiac rate and rhythm.\* For example:

- The spleen energy influences the lining of the blood vessels known as the endothelium. Disruptions in the spleen energy can lead to inflammation of the endothelium found in vasculitis (inflammation of the vessels).\*
- The liver energy controls the mesothelium, or smooth muscle layer of the blood vessels. Because of the liver's influence on the contraction of this muscular layer, it's one of the controls of blood pressure.\*
- The kidney energy controls various things such as the balance of salts and fluid in the body and blood vessels and the contractile energy of the heart beat.\*

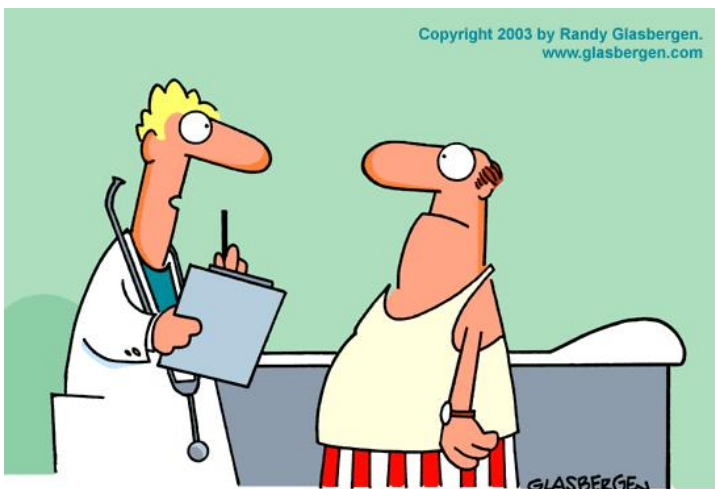
## Balancing Three Energies

The TCM philosophy of medicine teaches us that a healthy cardiovascular system depends on the health and balance of these three energies — spleen, liver and kidney. An advantage of this philosophy is that it incorporates environmental, emotional, lifestyle and preventive factors into a prescription for good health.\*

For instance, since spleen energy is affected by the state of our digestive system, the healthier the diet, the healthier the vasculature. Diets high in junk food, fast food, trans-fatty acids, refined sugar and white flour may weaken the digestive system and also the lining of our blood vessels. And, as for the effect of emotional health on blood vessels, worry is the predominant emotion associated with spleen deficiencies and therefore also with vascular health.\*

The liver controls blood pressure and metabolism and is a common cause of hypertension in men. The liver is also affected by diet, especially stimulants like caffeine and refined sugar, and by negative emotions such as frustration and anger.\*

The kidney is a more stable organ than the liver, but is affected by the emotion of fear and insecurity. Kidney energy deficiency is a more common cause of blood pressure problems in women.\*



**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**

## Eat Right, Exercise, Reduce Stress

We at Get Well Natural encourage you to take a holistic approach to improving your cardiovascular health. First, ensure that you are eating right and exercising. The average adult needs 30 minutes a day of moderate physical activity on five or more days a week.

If you feel that you “don’t have time” to exercise, remember that small steps add up to big results. You could take the stairs instead of the elevator. Go for a walk instead of a coffee break. Park the car further away from the office or shopping mall. But before you do, you should always consult your physician regarding your healthy diet and exercise requirements.

Next, make an effort to reduce the stress in your life through meditation, exercise and massage. Keep in mind that all those negative emotions affect not only your cardiovascular health, but the quality of your life and the lives of those around you.\*

Finally, enhance your cardiovascular health with nutritional supplements and herbal nutrients.\* For example:

- Enzymes and essential fatty acids may help to enhance spleen energy and cardiovascular health.\*
- CoEnzyme Q10, niacin, inositol, pyridoxine (Vitamin B6), magnesium, L-Carnitine, L-Taurine, antioxidants, L-Arginine and Hawthorn may support healthy liver energy.\*
- Calcium, fish oil, Vitamin B12 and Folic Acid may promote and support kidney energy.\*



If you have any questions regarding the use of herbal dietary supplements to support your health, contact Get Well Natural at [contact@getwellnatural.com](mailto:contact@getwellnatural.com) or call 1-888-522-HERB (4372) or 408-260-9714, or visit the GWN website at [www.getwellnatural.com](http://www.getwellnatural.com) or the offices at 4010 Moorpark Avenue, Suite 119, San Jose, Calif. 95117.

\*Statements in this article have not been evaluated by the U.S. Food and Drug Administration. Above-mentioned products are not intended to diagnose, treat, cure or prevent any disease.