

Advertorial

Give your heart a helping hand



NATURALLY SPEAKING
with
Louisa McCarley
RHN, ROHP/RNCP

February is the month that we focus on matters of the heart. Red and pink, chocolate and flowers, we will see it everywhere. At Willow Lane Natural Foods, your local health store, the focus is on keeping your heart healthy. So here is some interesting information from an article written by Dr. Zoltan P. Rona, M.D., M.Sc.

Coenzyme Q10

Dr. Zoltan P. Rona, M.D., M.Sc.

Coenzyme Q10 (ubiquinone or ubiquinol) is a fat soluble, vitamin-like substance synthesized and found in virtually all cells in the human body, especially the heart, kidneys and liver.

Properties

Co-Q10's most well known biological property is its antioxidant action. Oxidation (a loss of electrons) is the damaging result of external stressors such as radiation, pollution, heavy metal toxicity, alcohol, drugs, infection and aging. Co-Q10 can protect the body from the adverse effects of oxidation by inactivating damaging molecules known as free radicals.

Co-Q10 helps create energy in all cells by helping to generate ATP (adenosine triphosphate), needed for mitochondrial enzymatic reactions commonly referred to in biochemistry as the "electron transfer chain".

Preventive and Therapeutic Applications

Research indicates that Co-Q10's most important application is in the prevention and treatment of any and all cardiovascular problems. Its basic mechanism of action occurs in the mitochondria of the heart cell and vascular endothelial cells to reverse oxidative stress otherwise known as free radical damage. It protects LDL (the "bad") cholesterol from becoming oxidized and damaging the blood vessels.

Studies indicate that Co-Q10 in a dose of 100mg twice daily for a period of two weeks can lower blood pressure an average of 20 points within 12 weeks. It may therefore be an important way of controlling mildly elevated blood pressure.

Cardia Drug Protection

Statin drugs are used to lower blood levels of cholesterol. Unfortunately, they also deplete the body of Co-Q10. This produces painful muscle damage that can often be at least partially offset by Co-Q10 supplements. I usually recommend at least 200mg of Co-Q10 to anyone on any cardiac drug simply because it just makes the drugs work better with fewer side effects.

Beta-blockers, commonly used for angina, high blood pressure and arrhythmias can also deplete body stores of Co-Q10. Supplementation of 100 – 200 mg daily is warranted.

Dr. Rona practises Complementary Medicine in Toronto and is the medical editor of "The Encyclopedia of Natural Healing". He has also published several Canadian best-selling books, including "Return to The Joy of Health" and "Vitamin D – The Sunshine Vitamin".

Because of space limitations only a small part of the article is printed here; you can pick up a copy of the whole article on Co-Q10 at Willow Lane Natural Foods.



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FOOD DRIVE SUCCESS: During a recent nine-day food drive at the Acton TD Canada Trust branch, staff and customers donated 251 pounds of food and \$481 in cash to benefit Acton's FoodShare food bank. Branch manager Tara Murphy and financial services rep. Matthew Borg survey the bounty. – Submitted photo

Final planning hurdle met for \$170-million outlet mall

Saks Fifth Avenue, Nieman Marcus, Nike. Those are the types of high-end designer stores in the first upscale outlet mall in Canada, to be built at the south-east corner of Trafalgar Road and Steeles Avenue in Halton Hills.

At a special meeting on Monday, Halton Hills Council lifted a "Holding" provision which paves the way for Calloway REIT (Halton) Inc. to get building permits for a 350,000-square-foot mall that will offer approximately 90 to 100 stores and be called the Toronto Premium Outlet.

There was no presentation from company

representatives – that will come at a future Council meeting – and just one question from Mayor Rick Bonnette, who asked the Town's lawyer to confirm it was in a legal position to proceed by lifting the "Holding" provision.

Potential competitor, RioCan Acquisitions Inc., has optioned land one interchange away from Calloway at Steeles Avenue and James Snow Parkway. Along with Tanger Outlet Centres, whose tenants include Barneys, Ralph Lauren and Michel Kors, it wants to open an off-price outlet mall. On Monday RioCan lawyers filed a letter with the Town al-

leging it is proceeding with Calloway "in bad faith" and is "actively promoting a project that it knows has never been appropriately planned for... a violation of the Town's Official Plan."

After getting a second opinion, Town lawyer, Jeff Wilker with Thomson Rogers, gave the legal green light. "Yes, Mr. Mayor, in my legal opinion you have the discretion to proceed with respect to the removal of the H (Holding)," Wilker said, adding the applicant has met three requirements for removal the Holding provision, and there is "no legal impediment" to removing it.

Following the brief

meeting, Joshua Kaufman, a Director of Calloway outlet partner Smart!Centres, said they plan to break ground in the spring. "This is the first outlet mall of its kind in Canada," Kaufman said, adding it will attract the 5.5-to six-million people who live within a 45-minute drive of the mall. The grand opening is slated for summer 2013.

Kaufman working with Halton Hills and Halton Region on the application was a "tremendous" and speedy experience and being able to process the application in nine months is "quite amazing and a credit to the municipality..."