

## Pistachios and Chiropractic: 2 Ways to A Healthier Heart

April 23, 2012

### Heart Disease and High Blood Pressure: The Facts

#### According to the CDC:

- More than 616,000 people died of heart disease in 2008, causing nearly 1 in 4 deaths.
- Every year about 785,000 Americans have a first heart attack while another 470,000 will have a repeat heart attack.
- Heart disease alone cost the United States nearly \$109 billion in 2010

#### What is one of the "Major Risk Factors" for Heart Disease? High Blood Pressure:

- High blood pressure is also a major risk factor for stroke, congestive heart failure, and kidney disease
- High blood pressure cost the United States \$93.5 billion in 2010.

Fortunately, both a dietary change AND a lifestyle change can help your heart: Pistachios and Chiropractic

### Why Pistachios?

A recent review of pistachios cite a number of healthy ingredients:

protein, dietary fiber, magnesium, potassium, vitamin K, and phytochemicals such as phytosterols, lutein (xanthophyll carotenoid),  $\gamma$ -tocopherol, and polyphenols.<sup>13</sup> These components may act synergistically to help promote cardiovascular health, glycemic control, and weight maintenance when consumed in moderation and in the context

have lower calories than other nuts:

of an overall healthy diet.<sup>3-9</sup> Compared with almonds and walnuts, pistachios have lower fat and caloric levels (based on the Atwater system) and higher levels of potassium, phytosterols,  $\gamma$ -tocopherol, vitamin K, and xanthophyll carotenoids (Table 1).<sup>13</sup> This review examines the

and have received a health claim from the FDA on heart disease:

According to the FDA's qualified health claim, pistachio producers are allowed to state the following: "Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in SFA and cholesterol may reduce the risk of heart disease."<sup>11,12</sup> The scientific support for

### Why Chiropractic?

A recent review of [chiropractic care for high blood pressure showed an overall "minimal clinical benefit"](#), with significant decreases like in [this 2007 study](#):

Bakris et al<sup>23</sup> compared adjustments of just the atlas (cervical vertebra number 1) to a control using the NUCCA technique. The treatment was once a week for 8 weeks. However, 85% of patients had only 1 SMT treatment because, according to their method of analysis, the atlas did not warrant adjusting on later visits. The SMT group showed a -17.2/-10.3 mm Hg reduction in blood pressure compared with a -3.2/-1.8 mm Hg reduction in blood pressure in the control. When compared, these differences were statistically significant.

As chiropractic may alter blood circulation and affect both the nervous system and kidney function:

pressure, including an autonomic nervous system response, vascular decompression on cranial nerves, and the reduction of aldosterone levels to reduce sodium reuptake in the kidneys.<sup>23,42,43</sup>

while [saving SIGNIFICANTLY on healthcare costs](#):

**Results:** Clinical and cost utilization based on 70274 member-months over a 7-year period demonstrated decreases of 60.2% in-hospital admissions, 59.0% hospital days, 62.0% outpatient surgeries and procedures, and 85% pharmaceutical costs when compared with conventional medicine IPA performance for the same health maintenance organization product in the same geography and time frame.

## Have A Question About This Newsletter?

Email ([PitchingDoc@msn.com](mailto:PitchingDoc@msn.com)) or call (631-352-7654) Dr. Arnold!

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