
vitamins for women Vitamins C and E Don't Prevent Heart Attacks

Posted by Mark Thorson - 2008/11/18 00:11

The largest and longest study ever made on this question has been published: <http://jama.ama-assn.org/cgi/content/full/2008.600> Vitamins C and E don't prevent heart attacks, and E is associated with hemorrhagic stroke.

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Posted by trigonometry1972@gmail.com | - 2008/11/18 00:11

The largest and longest study ever made on this question has been published: <http://jama.ama-assn.org/cgi/content/full/2008.600> Vitamins C and E don't prevent heart attacks, and E is associated with hemorrhagic stroke. Another bogus study using racemic alpha tocopherol instead of high gamma mixed tocopherols and tocotrienols as well as all trans beta carotene instead of mixed cis and trans beta carotene in the Wyeth Centrum multiple capsule. And this in the context of vitamin K insufficient diets, high carbohydrate intakes, and highly refined heated damaged Omega-6 see oils. Only a Standard American Diet eater would be stupid enough to be a subject of such a study, IMO. Wyeth is not to be trusted, IMO. These are the same 'fine' folks who botched ERT in women and still seek to force it on the population as the only mode of ERT, IMO. Taking racemic alpha tocopherol lower gamma tocopherol thus likely lowering overall antioxidant activity and vitamin K serum levels. If you take vitamin E take a high gamma formulation plus a high dose vitamin K2 supplement with vitamin C with flavonoids, and r-alpha lipoic acid the effect is likely good. Also drop the refined Omega-6 oils, simple sugars, most grains product except perhaps oats the various brans, and germ depending on your glucose tolerance, processed foods, grilled foods, then add in dark green veggies, cold water wild fish intake, organic beef, berries, unheated nuts and seeds plus of other selection of other unrefined foods and then see what happens. This is my view.....Trig

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Posted by Jan Drew - 2008/11/18 00:11

The largest and longest study ever made on this question has been published: <http://jama.ama-assn.org/cgi/content/full/2008.600> Vitamins C and E don't prevent heart attacks, and E is associated with hemorrhagic stroke. From JAMA, which is clearly *organized medicine*. Now for the truth. Unraveling the lies about the antioxidant study on vitamins E and C by Mike Adams (see all articles by this author) A new study published in the August 13, 2007 issue of the Archives of Internal Medicine found that vitamins E and C, when taken together, result in a significant reduction in the risk of strokes (31 percent) and heart attacks (22 percent). The study followed 8,171 women who were instructed to take relatively small amounts of these vitamins for more than nine years (600 IU of vitamin E, 500mg of vitamin C and 50mg of beta carotene were taken every other day

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Journalists are too often Corporate no matter whether they are so-called Liberals or so-called Conservatives. Nice point on the issue of compliance. I reminds me just how distrusting one needs to be of numbers. Trig

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Posted by Ron Peterson - 2008/11/18 00:11

The largest and longest study ever made on this question has been published: <http://jama.ama-assn.org/cgi/content/full/2008.600> Vitamins C and E don't prevent heart attacks, and E is associated with hemorrhagic stroke. <http://www.ajcn.org/cgi/content/abstract/64/2/190> says: Simultaneous use of vitamins E and C was associated with a lower risk of total mortality (RR = 0.58; 95% CI: 0.42, 0.79) and coronary mortality (RR = 0.47; 95% CI: 0.25, 0.87). Adjustment for alcohol use, smoking history, aspirin use, and medical conditions did not substantially alter these findings. IIRC, selenium should be consumed with vitamin E.

