

## B Smart

A study of 92 other studies suggests that homocysteine—a little-known amino acid—may be as big a factor in causing cardiovascular disease as better-known cholesterol, the November 23, 2002 British Medical Journal reports. But homocysteine is also more easily and inexpensively controlled. To lower homocysteine levels, say the researchers, take folic acid, found in B vitamins. “Our results indicate that estimated 16 percent of heart attacks and about 24 percent of strokes can be prevented just by taking a folic acid supplement every day,” says David Wald, MD, of Southampton General Hospital’s Department of Cardiology.

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