

# YOUR HEART

## Fighting The Cholesterol Villain With Fiber

By James Whittam, PhD  
Did you know that your body makes about two-thirds of the cholesterol found in your bloodstream? Only the remaining one-third comes from the cholesterol in your diet. So reducing the cholesterol you eat is usually not enough to lower high blood cholesterol.

In fact, scientists believe that saturated fats stimulate the production of cholesterol inside your body. So cutting down on both saturated fats and foods high in cholesterol is important. Another effective way to help lower your cholesterol and reduce the risk of heart disease is to eat

more soluble fiber. One theory holds that soluble fiber binds with cholesterol compounds in the digestive tract and prevents them from being absorbed into the body, ultimately leading to lower blood cholesterol levels. Some soluble fibers are far more effective than others. Recently, a group of scientists led by Dr. Gene Spiller, a leading expert on dietary fiber, tested a new product for Shaklee Corporation called Heart Plan. This fruit-flavored drink combines guar gum, psyllium, pectin and locust bean gum. The research showed that this unique combination of fibers can dramatically lower blood cholesterol levels when used along with a low-fat diet.

One of the benefits of this fiber-



rich food is that it's convenient. For example, you'd have to eat 6 apples or 3 1/2 bowls of oatmeal to equal the 5 grams of soluble fiber found in one serving of Shaklee Heart Plan.

For a free booklet on diet and heart health, send a self-addressed, stamped envelope to Shaklee Corporation, 6100 West 73rd St., Bedford Park, IL 60638.

Whittam is the Senior Vice President of Science and Technology at Shaklee Corporation, and has published extensively in the area of nutrition.



**LARGEST MEDICAL MALPRACTICE SETTLEMENT**—Shown above is Thomas G. Sampson representing Thomas Kennedy Sampson Edwards Patterson. One of the nation's largest black law firms celebrated its 20th anniversary recently by settling a \$20 million plus medical malpractice suit. Thomas, Kennedy, Sampson, Edwards & Patterson has just settled a \$22.8 million lawsuit against Atlanta's foremost obstetric facility,

Northside Hospital on behalf of a black 5-year-old boy whose penis was severely and permanently damaged during a routine circumcision procedure on the day of his birth. Thomas G. Sampson, co-counsel for the boy and his parents alleged that the hospital used improper equipment to perform the circumcision. The child will require extensive surgery over the next ten years as well as psychological counseling.

## Unusual Weeping Nectarine Forms Horticultural Waterfall in Spring

By Kim E. Tripp  
NCSU Arboretum

A waterfall of pristine white arches down to the ground from the branches of 'White Glory' weeping nectarine. Cascades of white flowers perched on downwardly sweeping branches sculpt this beautiful horticultural waterfall.

The 'White Glory' weeping nectarine offers a floral display that is hard to rival in the spring garden. In late March the pendulous branches of this tree are covered with glossy, clear white, 2-inch-wide, single and semi-double flowers. Each flower alone is a little gem, and together they create an amazing effect.

Nectarines, technically called *Prunus persica* var. *nucipersica*, are actually a botanical variety of the familiar peach. The characteristic that separates nectarines from peaches is the "fuzzlessness" of their fruits. Two special characteristics separate 'White Glory' from other nectarines that are grown for their delicious fruit and make it a unique ornamental.

First, 'White Glory' is a weeping tree whose branches arch over and cascade to the ground, much like the more familiar weeping cherries but with a stiffer, slightly coarser habit. Secondly, the flowers are larger, showier and do not result in good quality fruit.

'White Glory' weeping nectarine is a medium-sized deciduous tree reaching 10 to 15 feet at maturity and spreading to 15 feet. The arching habit of its branches causes the inner branches to die out with time (from the extra shade), creating a magical cove under the tree and a perfect place for a favorite garden bench as plants age and become larger.

White flowers emerge before the foliage to create the spectacular display. Soft, light green leaves, peachlike in appearance but longer

and somewhat more drooping than peach foliage, follow the blooms.

There is no appreciable fall color, but the foliage is attractive during the summer. The weeping character of the branches adds graceful interest to the garden throughout the year.

Peaches and nectarines are natives of Asia, but the 'White Glory' weeping nectarine was selected by F. E. Correll in 1960 from a peach breeding program at the Sandhills Research Station in North Carolina. It was introduced and made available to the nursery industry by Dr. Dennis Werner of the North Carolina State University Department of Horticultural Science.

'White Glory' is propagated by grafting budwood of 'White Glory' to rootstock of common peach cultivars. The top of the tree is 'White Glory', while the roots are the sturdier peach. This process requires skill and practice, and makes the plant more valuable and a bit harder to find in the nursery trade. There are specialty nurseries in the Southeast that carry 'White Glory'.

At the NCSU Arboretum, 'White Glory' can be seen in the West Arboretum and has become a favorite of visitors.

Culture of 'White Glory' is similar to peach. It needs full sun and the best soil you can provide, especially in terms of drainage, but it will tolerate the heavier soils of the Southeast, if they are not extremely wet.

Full sun is very important for good flowering. Pruning out the dead wood that accumulates on the interior portions of the tree is simple and will minimize twig litter.

Flowers are produced on the previous year's wood, so wait to prune live wood until after flowering has finished each spring. 'White Glory' weeping nectarine is reliably hardy

throughout the Southeast, from coastal to mountain regions.

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