

“Let food be thy medicine and medicine be thy food.” — Hippocrates

START HERE

1) Drink more water.

A study in the *American Journal of Medical Epidemiology* found that participants "who drink five or more glasses of plain water a day have a much lower risk of fatal coronary heart disease compared to those who drink less than two glasses per day." Researchers say water dilutes the blood, making it less likely to clot.

2) Pump it up! Your heart is a muscle that needs exercise.

What's the best form of exercise? One that you enjoy and will actually DO! If you're overweight, dropping 10 to 20 pounds lowers your risk of dying from a heart attack. A 10-year study found that overweight people had heart attacks 8.2 years earlier than normal-weight victims.

3) Eat more fiber.

Choose fresh, locally grown, organic fruits and vegetables whenever possible. The benefits of fiber include lower LDL ("bad") cholesterol levels, lower blood sugar, lower blood pressure, lower risk of heart disease and diabetes and lower rates of obesity.

4) Just say "No!" to smoking and junk food.

Avoid packaged/processed foods (often high in sodium), white flour and refined sugars. Rule of (green) thumb: "If it's *grown* on a plant, eat it. If it's *made* in a plant, don't!"

5) Reduce or manage stress.

Your body reacts to stress by increasing muscle tension, heart rate and blood pressure. The key to managing stress is to understand the causes of your stress and then learn how to manage it.

Healthy Heart



Healthy You

"SUPER 7" Supplements:

- 1) CoQ10
- 2) Fish Oil/Omega-3 & 6 Essential Fatty Acids
- 3) Food-based multivitamin and minerals
- 4) Fiber (Example: PGX)
- 5) Magnesium & other electrolytes
- 6) Trace Minerals
- 7) Vitamins C, D and E



Eat Smart for Your Heart:

Asparagus • Avocado
Beans & legumes • Berries
Broccoli • Dark chocolate
Flaxseed • Green tea
Leafy greens (spinach, kale)
Nuts • Oatmeal • Olive oil
Salmon • Whole grains

Heart-healthy Herbs:

Alfalfa • Boswellia • Cayenne pepper • Garlic • Ginger Root • Ginkgo Biloba • Hawthorn
Motherwort • Passionflower • Sonnewald's General Tonic Tea • Turmeric