

HEART HEALTH

NATURAL SUPER FOODS THAT FIGHT HEART DISEASE AND CANCER

So what can you eat to make your heart healthy and happy?



Nuts

Nuts can help lower cholesterol levels and help prevent heart disease. In addition, they are a good source of protein, fiber, selenium, vitamin E, and vitamin A. So enjoy nuts, but be mindful of your portion size. Try to limit yourself to an ounce a day. That's about 28 peanuts, 14 walnut halves, or just 7 Brazil nuts. Keep nuts in your refrigerator so they don't oxidize.

Whole Grains

You may have already heard about the health benefits of whole wheat bread and oatmeal, but now doctors say other whole grains like spelt, bulgar, steel cut oats and quinoa can reduce cholesterol and high blood pressure and even help prevent heart disease, cancer, and diabetes. They say that whole grains help flush fat and cholesterol out of your system and provide powerful antioxidants that help you stay healthier, look younger and live longer.



Red Wine

Red wine has a chemical in it called resveratrol, which is a very strong antioxidant that's also been shown to be heart-healthy. Red wine has the material from the skins of the grapes - resveratrol. The white wine has that skin stripped away. So if you're going to drink wine, red wine has a few more healthful properties, but still limit consumption.



Fish and Low-Fat Protein

Fish is consistently regarded as a terrific source of low-fat protein. If you're concerned about mercury and other environmental impurities eat tilapia, salmon, flounder, cod and mahi-mahi. These are the fish that have none of the toxic chemicals, none of the PCBs, and very low content of mercury. You should eat a serving of these fish three times a week.



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Don't worry, there's more!



Tomato Sauce

Tomatoes contain lycopene which has been shown to fight cancer. They also decrease arterial aging, heart disease, stroke, memory loss, impotence and wrinkling of the skin. It doesn't matter what kind of tomato sauce you have, as long as it's cooked. Eat it with a little healthy fat (like olive oil) because lycopene is much better absorbed.

The Body Cries for Water!

It is important to drink eight glasses of fluid everyday. It helps move the toxins out of the body and gives you better hydration. It actually cuts down on wrinkles, too, because you hydrate your skin when you take it in internally. On top of this, you should have milk or a milk substitute with vitamin D and calcium. If you prefer not to have the milk, you can get vitamin D and calcium in fortified orange juice or in vitamins.



Folate/Folic Acid and Vitamin D

Folate decreases arterial aging, decreases blood pressure and decreases cancer rate. Folate can be found in orange juice, spinach and other leafy green vegetables. In a supplement you want 800 micrograms a day and 400 international units a day of Vitamin D. Those two together may decrease cancer rates.

Calcium and Magnesium

Foods rich in magnesium include beets, raisins, dates and soybeans. They are important because they get your bowels moving! Even in a daily multivitamin, there is not enough calcium. Most women can only absorb 600 milligrams at a time, though you need 1,200 milligrams everyday. Therefore, it is important to have another 600 milligrams of calcium at least 6 hours after the first.

