

Cardiovascular Health

- **Reduce** stress and tension.

- **Do not** smoke.

- **Avoid** coffee.

- **Avoid** alcohol.



- **Do not** add **salt** to food before eating or during the cooking process.

- **Avoid** sugar.

- **Avoid processed and refined foods** - check ingredient lists on the back of products, many processed foods contain added salt, sugar and artificial additives. Also a lot of the nutrient and fibre content is lost from food that is refined or processed.

- **Reduce** intake of **saturated fats/animal fats** e.g red meat (fish or chicken contains less saturated fat), cream, butter, cheese and icecream.



- **Avoid hydrogenated fats/trans fats** - these are found in many processed food products, takeaways, margarines, baked goods, fried foods and processed/refined or overheated oils.

- **Avoid cured meats** and luncheon meats e.g bacon, ham and salami.

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- **Add** plenty of **garlic and onion** in the diet - raw garlic maintains its therapeutic qualities more so than cooked garlic - can be grated over food before eating, or added to homemade salad dressings.

- **Eat more** fresh, preferably organic, **vegetables and fruits** - helps in increasing the potassium to sodium ratio, an important factor in cardiovascular health. Vegetarians generally have a lower incidence of cardiovascular diseases than non-vegetarians.



- **Increase** consumption of **whole unprocessed foods** in their natural state for increased **fibre** and **nutrient content**. Fibre helps with the elimination of fats from the body and micro nutrients help to strengthen and protect the cardiovascular system.
- **Include essential fatty acids** in the diet i.e polyunsaturated and monounsaturated fats. Use **cold pressed vegetable oils** e.g olive oil (can be used cold or for cooking), flaxseed oil (keep refrigerated, do not heat - not for cooking). **Cold water fish** are also a good source of essential fatty acids e.g salmon, mackerel, sardines or herring.
- **Eat more celery** (for people with high blood pressure) - for its 3-n-butyl phthalide content, studies have found that this compound can lower blood pressure.
- **Use kelp** instead of salt to reduce sodium intake - kelp is high in minerals and some B vitamins which are beneficial to the cardiovascular system.
- **Include lecithin** in the diet to protect the arteries and vital organs from fatty build-up.
- **Include cayenne** in the diet (excluding people with high blood pressure) - lowers cholesterol and good for the circulation.
- **Include nutritional yeast** in the diet - good source of B vitamins, essential amino acids and minerals - all important for cardiovascular

health.

- **Use shitake and reishi mushrooms** - good for lowering cholesterol and prevention of high blood pressure and heart disease amongst other benefits.
- **Learn relaxation techniques** and **get adequate exercise.**