

Heart health

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How Do You Keep Your Heart Healthy?

Your heart works hard day in and day out to pump blood through your entire body. Every cell in your body needs the oxygen and nutrients carried by your blood in order to live. One way to protect your heart, along with the rest of your body, is to acquire a basic understanding of how your heart works.

Controlling stress, blood pressure, cholesterol and other factors are vital keys to reducing the risk of heart disease, heart attack and stroke. You can reduce this risk by managing your blood pressure, controlling cholesterol, making healthy lifestyle changes and, if needed, taking natural and effective herbal and homeopathic medications.

You can take action and both lessen your risk for heart problems and have your body working at its optimal performance level.

How to Minimize Your Risk of Cardiovascular Disease

Keep your blood pressure in check

High blood pressure or hypertension can lead to a variety of cardiovascular complications. High blood pressure is a risk factor for heart attack and stroke.

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Getting sick (or at least pretending to) was sort of fun back in the old da

It's important to have your blood pressure checked at least once every two years, even when you don't feel like anything is wrong. Blood pressure is the force of the blood pushing against the walls of the arteries.

If blood pressure is too high, it may burst a blood vessel in the brain causing a stroke, or burst a blood vessel leading to the heart, which could result in death. High blood pressure can also damage blood vessel walls and promotes the build-up of fatty plaque, a condition known as atherosclerosis.

Strokes and heart attacks occur when a piece of this plaque breaks off and a blood clot forms blocking blood flow to the brain or the heart.

The pressure of blood in your blood vessels isn't constant—it rises and falls with every beat of your heart. That's why blood pressure is always given as two numbers.

The higher number represents the pressure when your heart beats, pushing blood out. This is called systolic blood pressure. The second, or lower number, represents the lowest pressure, when the heart relaxes between beats and fills with blood. This is diastolic blood pressure. An optimal reading is 120/80 mm Hg or lower.

Related Products to Use: [High-Rite](#) for Blood Pressure Control and [Aqua-Rite](#) for hypertension and associated water retention

Keep blood vessels open by controlling cholesterol and triglycerides

High blood cholesterol can lead to a build up of plaque in the artery walls and narrow your arteries (atherosclerosis) which can make it harder for blood to flow through your heart and body, putting you at increased risk of circulatory problems, heart disease and stroke.

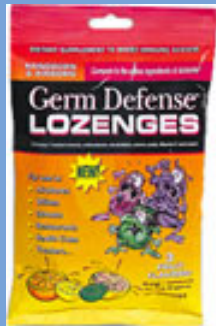
Unhealthy levels of blood fats, cholesterol and triglycerides, can also cause cardiovascular disease. Be aware of elevated triglycerides and a decreased level of high-density lipoprotein (HDL) cholesterol—the “good” cholesterol.

The liver makes 80% of cholesterol in your body. The other 20% comes from the foods you eat. Saturated and trans fats found in fatty meat, dairy foods and hydrogenated oils raise levels of “bad” LDL and total cholesterol.



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Healthy people with no risk factors for heart disease don't need to have their cholesterol levels checked until they reach the age of 40 (for men) or 50 (for women). Still, you may develop risk factors before you get to the normal testing age.

In most cases, high cholesterol does not produce symptoms. The only way to know if you have high cholesterol levels is to have your blood tested. Your targets: LDL below 100—perhaps as low as 70 if you have other heart disease risk factors and take cholesterol-lowering medication; HDL above 50 for women and above 40 for men; triglycerides below 150.

Think about having cholesterol testing if you:

- are male and over 40 years of age
- are female and over 50 years of age and/or post-menopausal
- have heart disease
- have diabetes
- have high blood pressure
- have a waist measurement greater than 102 cm (40 inches) for men or 88 cm (35 inches) for women
- smoke or have smoked within the last year
- have a family history of heart disease or stroke
- have chronic kidney disease or lupus
- are male and have erectile dysfunction

The good news is that lowering your cholesterol can dramatically reduce your risk of heart disease and stroke.

Related Products to Use: [Cholesto-Rite](#) for controlling bad and good cholesterol levels.

Lifestyle changes and medication can help lower your risk factors

Blood sugar, blood pressure and blood fats aren't the only things that can lead to cardiovascular disease. Lifestyle factors can also add to your risk. Choices than can help you lower your heart disease risk include:

- Eating healthier
- Getting and staying active
- Using alcohol only moderately
- Stopping the use of tobacco products
- Reaching or maintaining a healthy weight

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Manage your blood sugar

Keeping your blood sugar levels within optimal ranges can prevent or delay blood vessel damage. The best way to assess your blood sugar level over time is the hemoglobin A1C test. It reflects your average blood sugar control over the last three months.

Related Products to Use: [Insulate Plus](#) for Healthy Blood Sugar Levels and [Triple Complex Diabetonic](#) for maintaining healthy blood sugar levels, reducing cravings for sweets and is SAFE during pregnancy and breastfeeding.

Knowing what to be on the lookout for and how to know your own heart health and care for it, than you can best deal with any challenges that lie ahead and may occur and help you have healthy habits for life. Take control today to lower your risks of heart.

Now that you have taken the first steps in learning how to identify your risk factors, you can control those risk factors and lead a heart-healthy life the natural way.

Sources: Mayo Foundation for Medical Education and Research; Heart and Stroke Foundation

Companion Remedies for Heart Health

[Hi-Rite](#) - Maintain blood pressure within the healthy range and promote cardiovascular health

[Aqua-Rite](#) - Promote water balance and support the cardiovascular system

[Cholesto-Rite](#) - Support healthy cholesterol levels & cardiovascular health

[Cardio-Klenz](#) - A newly developed micro-nutrient designed to help artery and heart health.

[Choest-Natural](#) - To help you safely and naturally address the problem of high cholesterol AND also help to reduce triglycerides.

[Circu-Live](#) - Promote healthy circulation

Heart Health Numbers

To keep your heart healthy, here are some important facts and numbers.

Heart Healthy Diet

- **Grain products:** Make most of your bread, cereal, pasta and rice servings 100% whole grain.

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- **Vegetables and fruit:** Add fruits and vegetables to each meal and snack. Make colorful choices to get the most nutrients.
- **Milk products:** Choose lower-fat products such as skim milk, cheese and yogurt whenever possible.
- **Meat and alternatives:** Limit meat consumption and incorporate alternative protein sources such as beans, nuts and fish.
- **Fiber:** Aim for 25 to 30 grams a day.
- **Total fat:** Limit fat to 20 to 35% of daily calories. This is about 45 to 75 grams for women, or 60 to 105 grams for men. To keep your intake of trans and saturated fat as low as possible, read labels for trans fat content and remember that saturated fat is found in meat and dairy products.
- **Salt intake:** Limit sodium to the recommended 2,300 mg (the equivalent of about 1 tsp/ 5mL) daily from processed foods and salt added during food preparation. If you have high blood pressure, consult your physician for specific dietary recommendations.
- **Alcohol:** Avoid more than one drink a day for women, and two a day for men.

Physical Activity

Both men and women should try to incorporate 30 to 60 minutes of physical activity on a daily basis.

Waist Circumference

A women's waist circumference should measure 88 cm (35 inches) or less. A man's waist circumference should measure 102 cm (40 inches) or less.

Tobacco

Do not smoke or use any tobacco products. Avoid exposure to second-hand smoke.

Information provided courtesy of The Heart and Stroke Foundation

Heart Disease in Pets

You may be surprised to know that pets also suffer from heart disease. According to a study done by Mark Morris Institute in 1996, cardiovascular and congestive heart failure are common conditions faced





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by pets.

Your pet's heart is the most important organ in its body. Coughing, typically low pitched and sometimes uncontrollable to the point of ending with gagging, difficulty breathing, shortness of breath, reduced exercise tolerance, noticeable weight gain or loss and abdominal distention can all be caused by heart disease.



Although these symptoms can be produced by other diseases, they often suggest heart disease. Most owners do not realize their pet has a problem until the disease is well advanced. It is only in the later stages, when the disease is difficult to treat, that dogs show the typical signs.

In cats, the occurrence of heart disease is often sudden and requires immediate veterinary attention. With a few changes in lifestyle, most pets with heart problems can lead relatively normal lives.

With proper natural medications and dietary management, animals with heart disease can live a relatively normal and long life. —Pets Corner Online

“Our beloved dog was diagnosed with heart clogging because she was always very tired and panting, also quite overweight. We have always believed in treating ourselves with natural remedies and our vet agreed to let us try SlenderPet and the Heart and Circulation Tonic for a trial period and a change in diet, which we haven't been very good about in the past. After two months we are all very happy with the improvement all round and we have a much happier dog again, who is also looking slimmer and healthier thanks to your remedies and our patient understanding vet! Thank you for a wonderful website!”

—Cheryl T.



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