

Heart Health

Beginning a healthy diet leads to a longer, healthier life.

Eat a wide variety of fruits, vegetables, legumes, grains, nuts and seeds.

Exclude meat from your diet.

No processed foods.

Eat a high fiber diet

Do not use alcohol

Do not use much salt

Do not use tobacco

Do not use drugs

Cleanse your arteries with these foods:

Asparagus - an excellent heart cleanser

Avocado - helps reduce the “bad cholesterol” and increases the” good cholesterol”

Broccoli – prevents clogging of the arteries and is loaded with vitamin K

Nuts – especially almonds and walnuts

Watermelon

Olive oil

turmeric

Avoid fried foods

Other foods that benefit the heart:

Brown rice

Garlic (Lowers LDL cholesterol and raises HDL the good cholesterol)

Flaxseed

Beans

Berries

Leafy greens

Whole grains, (including all 3 nutrient rich parts of the grain): germ, endosperm, bran.

Helpful Tonic herbs which help strengthen the heart:

Hawthorn extract

Cayenne

Ginger

Garlic

Siberian Ginseng extract

Grapeseed extract – tends to lower high blood pressure

L-Carnitine Helps to dissolve fat deposits around the heart

CoQ10 and Geranium strengthens vein and provides oxygen to the brain cells.

Helpful vitamins:

Vitamin E (400 IU) with Selenium

Calcium, magnesium, and potassium are important

Vitamins A, B complex, and C

Follow the 8 laws of health:

1. Sunlight * 10 – 30 minutes of sunlight several times per week.
2. Temperance * Restrain from indulging in eating and drinking. (no alcohol)
3. Air * Get outside into the fresh air daily. Also open the windows bringing fresh air into your home.
4. Rest * Get at least 7 – 8 hours of sleep at night.
5. Trust in God * Philippians 4:3 “I can do all things through Christ which strengtheneth me.”
6. Nutrition * Only eat nutritional foods
7. Exercise * Exercise daily. Brisk walks, working in garden, swimming, bike riding.
8. Water * Drink at least 8 – 8 ounce glasses of good water daily. Make a habit of it.

Here are a few facts:

Plant based diet cures arthritis and other diseases.

Heart tissue can regenerate.

Meat contains “Arachidonic acid.” When we eat meat we put arachidonic acid right there in our bodies where it can be turned into prostaglandins causing arthritic conditions.

Eating meat is like eating inflammation.

1st Corinthians 6:19

“What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?”