



Cardio Health

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In general, eat foods low in cholesterol, saturated fat and salt. Take vitamins and supplements recommended or eat foods containing the essential vitamins and minerals. Fatty acids in fish contain Omega 3 that was shown to be effective in preventing heart diseases. Similarly, taking moderate quantities of red wine was also found to be beneficial. (Caution: High intake of alcohol is bad and should be avoided.)

Eat More

Seafood, Fruits, Vegetables, Nuts, Grains, Legumes, onions, garlic, olive oil, alcohol in moderation, foods high in Vitamin C, E and Beta Carotene.

Avoid

Grilled and barbecued foods. Research has shown that people who favor meat cooked over smoldering charcoal are increasing their risk of cardiomyopathy. Carcinogens that form during the browning process are believed to contribute to inflammation of the arteries and the deterioration of the heart muscle.

Stimulants such as coffee and black tea that contain caffeine. Coffee increases stress hormones in the body, putting coffee drinkers at greater risk of heart disease. Also avoid tobacco, alcohol, chocolate, sugar, butter, red meat, fats (particularly animal fats and hydrogenated oils), fried foods, processed and refined foods, soft drinks, spicy foods, and white flour products, such as white bread.

Supplements

- 1,500-2,000 mg **Calcium** daily, in divided doses, after meals and at bedtime. and 750-1,000 mg **magnesium** daily, in divided doses, after meals and at bedtime. Take with 50 mg **vitamin B6**.
- 30-100 milligrams of coenzyme Q-10 three times a day
- 1000 milligrams of **Vitamin C** three times a day
- 400 IU of **Vitamin E** twice per day
- 200 micrograms of **Selenium** a day
- 50 milligrams of **vitamin B6** a day
- 500 milligrams of **carnitine** three times a day

Herbs

- **Green Tea**
- **Garlic**
- **Hawthorn**
- **Alfalfa**
- **Guggul**
- **Grape seed extract**
- **Soy**
- **Brewer's Yeast**
- **Cat's claw**
- **White willow bark**
- **Kelp**
- **Saffron**
- **Passion flower**
- **Skullcap**

Warning Signs:

- You feel pain spreading to your shoulders, neck or arms.
- You have chest discomfort along with light headedness, fainting, nausea, or shortness of breath.
- You feel uncomfortable pressure, fullness or squeezing in your chest that lasts for a few minutes or goes away and then returns.