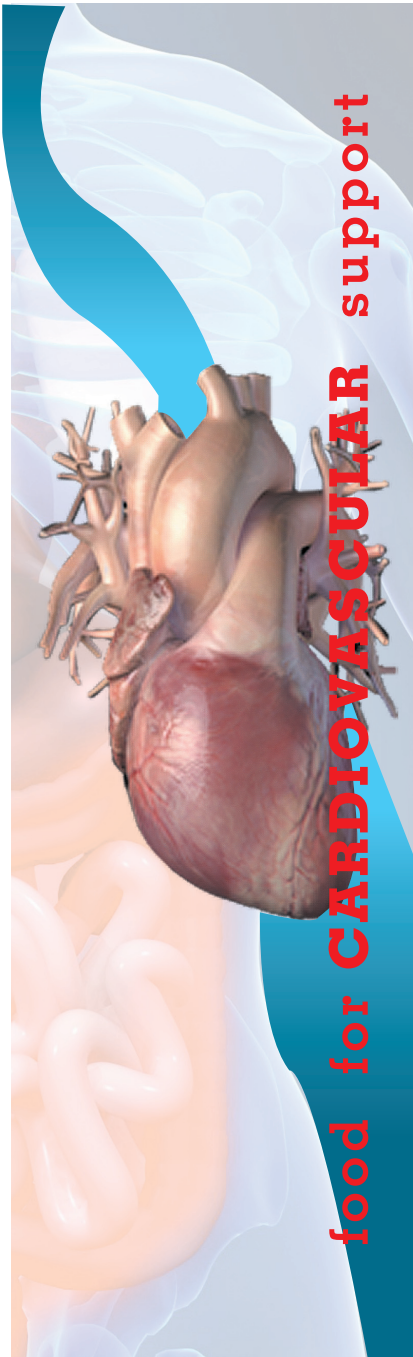




food for **CARDIOVASCULAR** support



Definition

Heart disease is a generalized term for a number of different diseases which affect the heart and is the leading cause of death in the United States as of 2007. The most common heart diseases include coronary heart disease, ischemic heart disease, cardiovascular disease, hereditary heart disease, hypertensive heart disease, and disease of the heart valves.

Common Signs and Symptoms

- | | |
|-----------------------------------|---|
| • Angina | • Anxious |
| • Dizziness | • Swelling of ankles/feet |
| • Heartburn | • Rapid heart beat |
| • Leg cramps | • Irregular heartbeat |
| • Mild exercise causes exhaustion | • Hacking cough |
| • Edema | • Heart murmur |
| • Fatigue | • Palpitations |
| • Difficulty breathing | • History of chest pain during activity |

Consider These Contributing Factors

- Diet high in trans fatty acid
- Cholesterol that becomes oxidized in the blood
- Dyslipidemia (elevated total cholesterol and LDLs and decreased HDLs)

- Stress
- Insufficient exercise
- Hereditary
- Alcohol abuse
- Infections
- Obesity
- Diabetes and insulin resistance
- Smoking
- Hypertension
- Drug use
- Long term use of estrogen (birth control pills and/or HRT)
- Gallbladder or liver issues that alter fat metabolism



Diet and Lifestyle Considerations

Here are suggested modifications to help support optimal cardiovascular function:

1. Maintain an optimal weight.
2. Exercise after a complete physical exam.
3. Practice deep-breathing and relaxation techniques.
4. Manage major stressors.
5. Manage blood sugar imbalances.
6. Use beneficial fats including olive, flax, and fish oil.
7. Consider taking an omega-3 essential fatty acid supplement.
8. Decrease intake of hydrogenated oils (margarine, lard substitutes, vegetable shortening) and foods fried in hydrogenated oils.
9. Drink plenty of filtered water daily.
10. Increase consumption of fiber, fresh vegetables and fruits.
11. Consider a detoxification program.
12. Avoid smoking, caffeine, and alcohol.



set goal

ACTION PLAN:



develop plan

goal: _____ **action:** _____



take action

_____	_____
_____	_____



score your success

_____	_____
_____	_____
_____	_____
_____	_____

plan: _____

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

success score: scale: 1 (lowest) - 10 (highest)

current score _____

30 day score _____

60 day score _____