

Rejuvenate Your Heart in Nine Simple Steps

Heart-Healthy Protocol Rejuvenates Youthful Function Do you recall a time when you were younger and had absolutely no worries about your heart? After all, it's not nearly so common for a person in their 20's or 30's to suffer from heart disease, and you probably knew that. Your life wasn't focused around living close to a hospital, curtailing physical activity because of fear, or even thinking at all about your heart, which just ticked along perfectly from day to day, week to week, and year to year. Would you like to return to that liberated, confident feeling, knowing that your heart is healthy and immune to problems, and enjoying the physical and emotional freedom that dependable heart function brings? Why not give yourself the gift of heart-confidence by following these simple, proven, protective measures that can lower your risk of heart disease to that of a 20-year-old? Your heart is a very forgiving organ and can be rejuvenated. Here's how: 1.) Stop smoking. Smoking is one of the single biggest causes of heart disease. If you need a good reason to quit, dramatically lowering your risk of heart disease might be the impetus you need. 2.) Eat a heart-healthy diet. High carbohydrate diets lead to overweight and high blood sugar levels, and very often, to diabetes. As you continue to read this list, you'll see that these factors are each independent risk factors for heart disease. A VLC diet (very low carbohydrate diet), high in Omega-3 Essential Fatty Acids, is the fastest, surest way to lower insulin and blood sugar levels, lose weight, decrease inflammation and slash heart disease risk at least four-fold. Diets higher in "good fats" (NOT low-fat diets!) and low in carbs have proven to be the heart-healthiest. 3.) Get optimal doses of heart-healthy nutrients. Certain nutrients are essential to healthy heart function and are often missing in the Standard American Diet (S.A.D.).

About the Author

A diabetes meal plan is a guide that tells you how much and what kinds of food you can choose to eat at meals and snack times. A good meal plan should.

Source: <http://productsherbal.com>