



Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7

Ph: (905) 840-WELL Fax: (905) 840 -LIFE

www.drjustineblainey.com

www.blaineywellness.com

Top Foods to Boost Your Heart Health

By Dr. Mercola | November 6th, 2017

Like your brain, your heart needs healthy fats, so all of the foods just mentioned will benefit your heart as well. Aside from that, the following three are known for their cardiovascular benefits:

1. Beets, raw or fermented. Research shows beets have powerful health benefits, courtesy of their high nitrate content. Your body transforms nitrates into nitric oxide, which enhances oxygenation and blood flow and has a beneficial impact on your circulatory and immune systems. Research shows raw beet juice can lower blood pressure by an average of four to five points in just a few hours.

Since 36 percent of each beet is simple sugars, if you have diabetes or are insulin resistant, fermented beets, also known as beet kvass, would be a preferable option, as the fermentation significantly reduces the sugar content. Beet kvass is also a great source of healthy probiotics.

2. Arugula, a relative of the cruciferous family of vegetables, contains flavonoids known to help improve blood vessel function, increase blood flow, lower blood pressure and lower inflammation.

Arugula even has cleansing properties to counteract the poisoning effects of heavy metals in the system, particularly in the liver, and helps eliminate pesticides and herbicides from your body. With a tangy, slightly peppery kick, arugula is a tasty addition to just about any meal.

3. Sprouts, microgreens and baby greens. Harvesting greens before they reach maturity results in nutrient-dense plant foods that allow you to eat less in terms of volume. A simple way to dramatically improve your nutrition is to simply swap out lettuce for sprouts and/or microgreens in your salad — or on burgers, sandwiches or tacos.

According to research by the U.S. Department of Agriculture (USDA) in which 25 different microgreens were evaluated, all were found to have higher nutritional densities than their full-grown counterparts, including 10 times higher amounts of valuable antioxidant compounds.

As noted in "Microgreens: Novel, Fresh and Functional Food to Explore All the Value of Biodiversity," even a few grams of microgreens per day can "entirely satisfy" the recommended daily intake of vitamins C, E and K, based on recommendations by the European Food Safety Authority (EFSA). Vitamin K, both K1 and K2, are particularly important for health and cardiovascular health.

Healthy Heart Makeover!

Stop Diabetes & Weight Loss Solutions

February 24th, 2018