

# Heart Health

## Dietary recommendations:

- For the most part, follow a Mediterranean-type/vegan diet; A good place to start is the website: <https://www.olivetomato.com/>
- Plant-based with protein in the way of legumes/pulses.
- Fish: 2 servings per week of oily, cold water fish - salmon, sardines, mackerel, anchovies, and plenty of healthy fats (fish, olive oil, olives, nuts).
- Eat plenty of purple-blue produce (proanthocyanidins) for the health of the blood vessels: Beets, blueberries/blackberries, purple cabbage, purple potatoes, etc.
- Include plenty of foods that are high in Vitamin K2 (which tells the calcium to go to your bones and not your blood vessels): Chard, kale, collards, other leafy greens.
- Lowering Cholesterol; add the following to the diet:
  - Nuts: pistachios, pecans, walnut, almonds - 1/4 - 1/2 cup daily.
  - Seeds: Ground flax: 2-3 Tbsp ground daily.
  - Chia: 2 Tbsp ground daily (Nuts and seeds can be ground and added to a smoothie daily).
  - Oats: 1/2 cup of organic, uncooked oats. Increase veggies of all kinds.
- Avoid damaged fats - deep fried, trans-fats.

## Supplements: *Can purchase most of these through Fullscript/Wellevate.*

- Magnesium: 500 mg daily - check your Cal/Mag and add the additional magnesium - THIS IS CRITICAL. Can take Triple Mag: (Vital Nutrients) 1-2 caps at bedtime (relaxation, calming, energy production, heart health).
- CoQ10 (Vitanica): 100 mg daily (for energy to the heart - energy production in general).