



## Heart Health & Diabetes Health

If you have diabetes, your risk of developing cardiovascular disease is more than double that of the general population, according to the American Heart Association. For people with type 2 diabetes, heart disease is the most common cause of death. There are a number of things you can do to lower your risk of heart disease. Understanding the connection between diabetes and heart disease is the first step toward prevention.

The high glucose (sugar) levels in the blood of people with diabetes can eventually damage blood vessels as well as the nerves that control them. Body tissues typically use sugar as an energy source. It's stored in the liver as a form of glycogen. If you have diabetes, sugar can stay in your bloodstream and leak out of the liver into your blood, with subsequent damage to your blood vessels and the nerves that control them.

A blocked coronary artery can slow or stop blood from supplying oxygen and nutrients to your heart. The risk of heart disease increases the longer you have diabetes. Monitoring blood sugar is an important part of properly managing diabetes. Check levels with a self-monitoring device according to your doctor's instructions. Keep a journal of your levels and bring it to your next medical appointment so that you and your doctor can review it together.

The following are some additional factors that can increase your risk of heart disease if you have diabetes.

**High blood pressure** is one of the most common risk factors for heart disease among people with diabetes.

It places strain on your heart and damages your blood vessels. This makes you more susceptible to a variety of complications including:

- heart attack
- stroke
- kidney problems
- vision issues

If you have both diabetes and high blood pressure, you're at least twice as likely to develop heart disease as people without diabetes. The simplest way to manage your blood pressure is to adopt a healthy diet, exercise regularly, and if needed, take medications as your doctor prescribed.



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**High cholesterol:** Poorly managed levels of blood fats like cholesterol and triglycerides are common in people with diabetes. They can also increase the risk of developing heart disease. Too much LDL (“bad”) cholesterol and not enough HDL (“good”) cholesterol may cause a buildup of fatty plaque in your blood vessels. This can create blockages and lead to having a heart attack or stroke. Although in many cases genetics influence cholesterol levels, you can still manage and improve your levels by making healthy lifestyle choices and maintaining a regular exercise routine.

**Obesity:** People with diabetes are more likely to have overweight or obesity. Both conditions are risk factors for heart disease.

Obesity has a strong influence on:

- blood pressure
- blood sugar
- cholesterol levels

Weight loss can reduce the risk of heart disease.

One of the most effective ways to manage your weight is to work with a nutritionist to create a healthy eating plan. Regular exercise also plays an important role in weight management.

**Sedentary lifestyle** Having a sedentary lifestyle can seriously increase heart disease risk factors like high blood pressure and obesity. The CDC recommends that every adult get at least 2 hours and 30 minutes of moderate intensity aerobic exercise per week.

Examples include:

- walking
- cycling
- dancing

The CDC also recommends doing strength-training exercises at least twice a week on nonconsecutive days. Talk with your doctor to find out which exercises might be best suited for your fitness needs.

**Smoking:** If you have diabetes and you’re a smoker, your risk of developing heart disease is much higher than that of nonsmokers. Both cigarette smoke and diabetes create a buildup of plaque in the arteries, which causes them to



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narrow. This can result in a variety of complications, ranging from heart attack and stroke to foot problems. In severe cases, foot problems can even lead to amputation. Remember that it's never too late to quit and please avoid vaping as that is toxic and may be linked to kidney cancer. Ask your doctor about which smoking cessation methods might work best for you.

The symptoms of heart disease may vary based on its severity. Some people experience no symptoms at all. These are some of the most common symptoms:

- pressure, tightness, or pain in your chest behind the breastbone that may spread to your arms, neck, or back
- shortness of breath
- fatigue
- feeling dizzy or weak

To help prevent heart disease if you have diabetes, try to follow a heart-healthy diet, which can help reduce your overall cholesterol and blood pressure, among other benefits. Examples of heart-healthy foods include:

- leafy greens like spinach and kale
- cold-water fish, such as salmon and sardines
- almonds, pecans and other nuts
- gluten-free organic oats (otherwise it contains the cancer producing glyphosate)

Limit your intake of:

- sodium
- sugar
- trans fat
- saturated fats

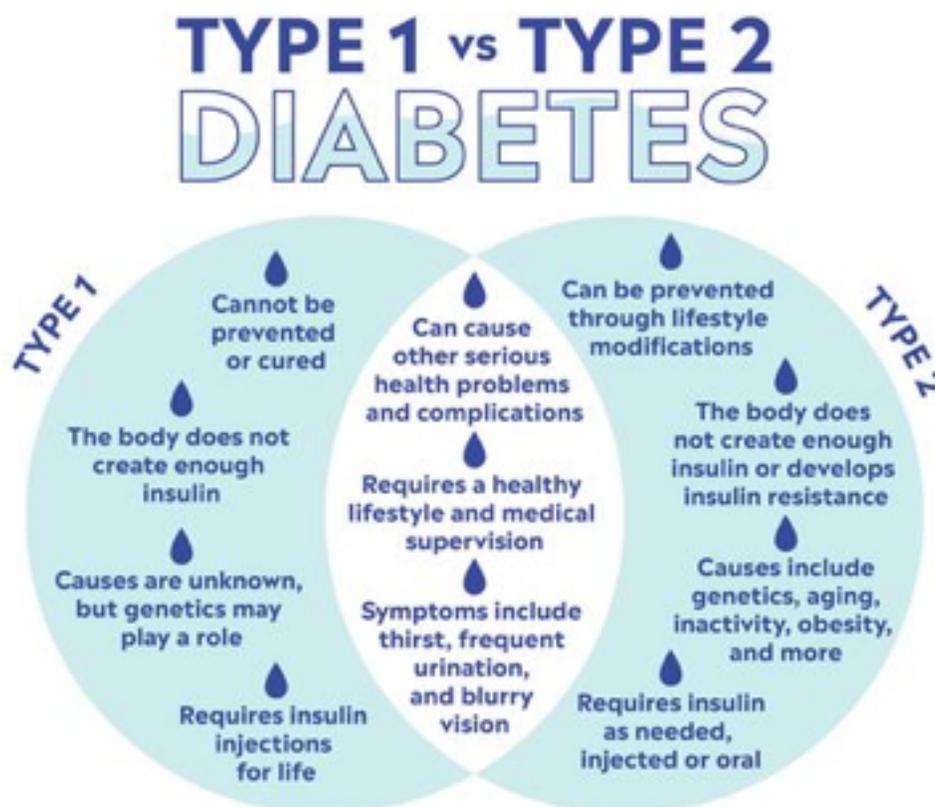
Always try to opt for healthy low fat options in grocery stores or at restaurants. Think grilled fish and grilled chicken without dairy.

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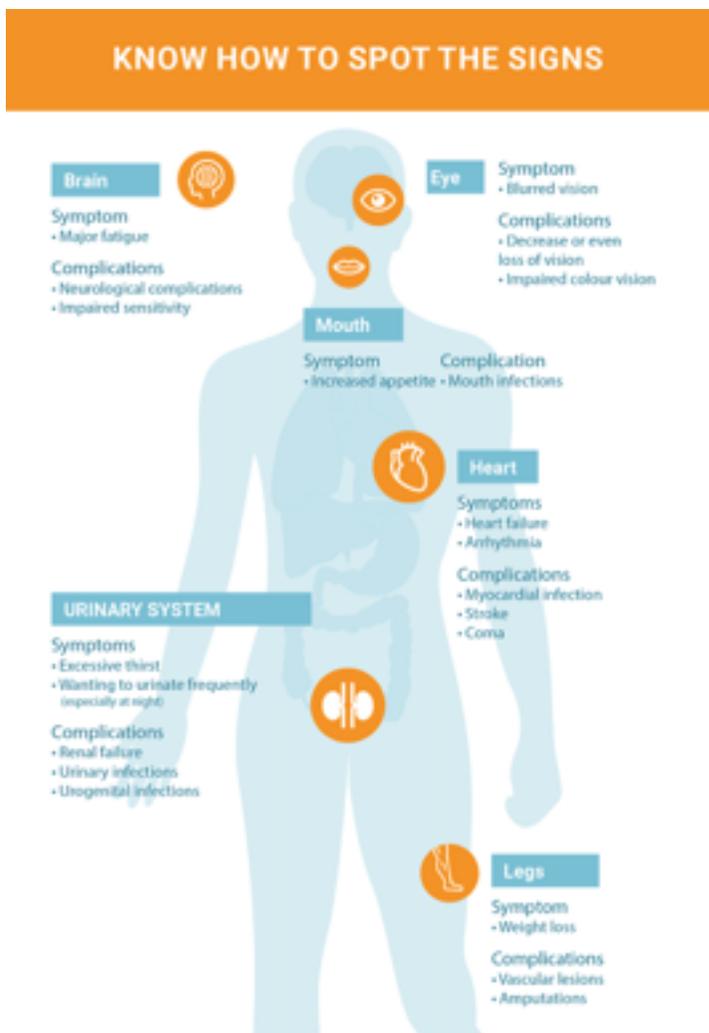
**How to combine Heart-Healthy Foods to Add to Your Type 2 Diabetes Diet ?** Type 2 Diabetes means your blood glucose, or blood sugar, levels are too high. With type 2 diabetes, the more common type, your body does not make or use insulin well. Insulin is a hormone that helps glucose get into your cells to give them energy. Without insulin, too much glucose stays in your blood. With type 2 diabetes, the body either doesn't produce enough insulin, or it resists insulin.

Symptoms include increased thirst, frequent urination, hunger, fatigue, and blurred vision. In some cases, there may be no symptoms.

Treatments include diet, exercise, medication, and insulin therapy.



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Good News is that your diet can affect your symptoms so you should avoid the foods that aggravate the issue and nourish your body with the foods that heal.

“Heart-healthy” means:

- low in sodium
- low in cholesterol
- high in fiber
- low in saturated fats
- free of trans fats
- high in antioxidants, vitamins, and minerals



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Leafy greens like spinach, kale, lettuce, and collard greens are low in calories. They're also packed with nutrients such as vitamins A, C, E, K, and magnesium.

Certain types of cold-water fish are high in omega-3 fatty acids. These include salmon, tuna, sardines, mackerel, and trout. Omega-3s promote heart health by lowering fats, called triglycerides, in the blood. Sole is a low mercury fish option as well.

Nuts are high in heart-healthy fats, vitamins, and minerals. You may want to add walnuts, pecans, almonds, macadamia nuts, and Brazil nuts to your diet. Aim for about five servings of nuts per week. One serving is about one ounce. Studies show that having at least five servings of nuts per week is significantly associated with a lower risk of cardiovascular disease. Nuts are high in calories, though, so measure out your portions beforehand. One serving is about 24 almonds, or 12 macadamia nuts.

Consider replacing saturated and trans fats with healthier unsaturated fats, such as olive oil. Olive oil is high in antioxidants and may have anti-inflammatory effects. It is good for heart health and people living with diabetes. Olive oil is highly resistant to high heat and great for cooking, so you can use it in many different ways. Make sure to get organic olive oil as they are highly sprayed with pesticides.

If you have type 2 diabetes, it's time to ditch the white bread. Go for gluten free bread since wheat and gluten cause inflammation throughout your body.

Organic oatmeal makes for a great breakfast. If you want to try something new, consider a recipe that includes quinoa.

Avocados are an excellent source of monounsaturated fats, which are linked to lower levels of heart disease. You can simply spread avocado on gluten-free toast or GF bagel and top with olive oil. Add it to any meal with lean protein.



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Vegetables should be a huge part of your new heart-healthy diet. They're high in fiber and vitamins, and low in calories, cholesterol, and carbs.

Red, yellow, and orange vegetables like sweet potatoes, peppers, and squash are packed with antioxidants and vitamins. Steamed broccoli can be added to any low protein meal. Celery and carrot sticks dipped in hummus is a great snack loaded in vitamins and minerals.

Beans, lentils, and chickpeas are high in fiber and have a low glycemic index. In a 2012 study, researchers followed people with diabetes who ate one cup of legumes daily for three months. They found that those people had greater decreases in hemoglobin A1c values and systolic blood pressure than people with diabetes who didn't add legumes to their diet. Beans can be easily added to soups, casseroles, chilis, salads, or dips. Buy organic 365 brand in small boxes and choose the no-sodium or low-sodium option.

Cinnamon, has been known to increase insulin sensitivity and reduce blood sugar. Try sprinkling some cinnamon on your oatmeal.

Start reading your food labels to make sure your salt intake remains lower than 2,300 milligrams (mg) per day. Ideally, aim for no more than 750 to 1,500 mg of sodium per day.



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Eating a diabetes-friendly diet can help keep your blood sugar levels under control. But it can be difficult to stick to a regular meal plan — unless you have a plan in place. Remember to stay within your carbohydrate allowance by noting the carb content and serving size of the recipes. There are three main types of carbohydrates in food: Starches, sugars, and fiber. Starches or complex carbohydrates include starchy vegetables, dried beans, and grains. Sugars include those naturally occurring (like in fruit) and added (like in a cookie). And fiber comes from plant foods vs. animal products like eggs, meat, or fish. Also, be sure to balance your meals with lean protein and healthy plant fats.

Here's some meal planning ideas:

### *Day 1*

**Breakfast:** Organic Oatmeal with unsweetened almond milk; sprinkle cinnamon on it

**Lunch:** Salmon Salad with White Beans and Swiss Chard or Bok Choy or Broccoli (always add a green vegetable to lunch and dinner meals)

Salmon is one of the best sources of omega-3 fatty acids, and is also a delicious topper to a salad.

**Dinner:** Chicken Kabobs with Grilled Asparagus

Spice things up with this flavorful skewer. Dried herbs and spices are a great way to pack a punch of flavor without adding unnecessary calories and fat.

### *Day 2*

**Breakfast:** Egg Whites and one BirchBenders GF waffle

**Lunch:** Turkey-Cashew Wrap from SieteFoods

**Dinner:** Cilantro-Lemon Sole with Spinach and Tomatoes

### *Day 3*

**Breakfast:** Superfood Smoothie Sun Warrior with unsweetened almond milk, Poland Spring water and ice. If you think your mornings are too busy for breakfast, think again. This smoothie only uses four ingredients and can be whipped up in a flash.

**Lunch:** Spinach and salmon and avocado slices

**Dinner:** Grilled Chicken or Turkey Burgers with steamed broccoli & roasted sweet potatoes.



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### *Day 4*

**Breakfast:** Veggie with Egg Whites and Daiya Cheese melt

If your taste buds crave something savory in the morning, this veggie and egg scramble is for you. Sautéed peppers, tomatoes, and onions are combined with egg whites and Daiya cheese for an appetizing and full breakfast plate.

**Lunch:** Chicken or turkey meatballs with Banza chickpea pasta or Whole Foods organic chickpea pasta

**Dinner:** Breaded Chicken using organic rice crumbs (checkout my IG video how to make the breadcrumbs from organic rice cereal) with Lemony Green Beans, Broccoli or Swiss Chard. This quick, simple dinner is delicious and nutritious. Serve it with brown rice for a full meal.

### *Day 5*

**Breakfast:** Sun Warrior Protein Smoothie and oatmeal or egg white

**Lunch:** Quinoa Tabbouleh Salad Quinoa is naturally gluten-free and is one of the only plant foods that's also considered a complete protein. Vegetarians and meat-eaters alike can enjoy this salad.

**Dinner:** Lean filet mignon (3 ounces) and Sweet potatoes or brown rice and broccoli

### *Day 6*

**Breakfast:** GF Udi Bagel and Applegate Farms organic turkey or chicken slices

**Lunch:** Chicken Salad Stuffed Wrap using avocado as mayo and SieteFoods wraps.

**Dinner:** Turkey Tacos using lean turkey meat, zucchini, peppers and onions/garlic. Use SieteFoods Taco shells.

### *Day 7*

**Breakfast:** Pepper or Tomato and Basil Egg White Frittata

**Lunch:** Chicken Soup or Butternut squash soup

Try this soup and there's a chance you'll never go back to canned varieties again.

**Dinner:** Grilled Salmon and salad



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### **Fiber foods**

Foods that are high in fiber may be helpful to help prevent disease, just count the carbohydrate intake.

Fiber-rich foods to limit or avoid are:

- beans and legumes such as navy beans, chickpeas a.k.a. garbanzo beans, lentils, and kidney beans
- whole grains such as brown rice, quinoa, oats, amaranth, spelt, and bulgur
- vegetables
- fruits

### **Typical Western diet foods**

Foods high in fat and sugar and low in fiber may be linked with an increased incidence of heart disease.

Typical Western foods to avoid are:

- refined grains
- full-fat dairy
- deep-fried foods
- processed foods



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### **DRINK:**

Start the day with Lemon Water

Green drink (cucumber, celery, lettuce, cilantro, lemon, ginger, green apple – it's basically a salad in a smoothie)

Sun Warrior Protein Powder with unsweetened almond or coconut milk

Ginger tea (at night time before bed)

Aloe Juice which stimulates cellular health (do not drink aloe juice with sugar or preservatives. Aloe will fast track healing results and create a lot of soothing in your intestines).

Soups, Bone broth, Veggie broth

### **Do NOT eat: (As these can cause instant inflammation.)**

- 1 Gluten
- 2 Dairy which contains proteins like casein and whey that can irritate and inflame your gut, is another common culprit.
- 3 Refined sugars (white sugar, brown sugar, cane sugar and corn syrup).  
If you can only source sugars from fruit that would be ideal. If you have to choose a sweetener, go for stevia.)
- 4 Non-organic Red meat (best to be grass finished)
- 5 Corn
- 6 Soy
- 7 White bread, pasta, rice
- 8 Foods that are GMO
- 9 Foods that are filled with pesticides, herbicides and glyphosate

**Most important:** Carbohydrates (carbs) cover a wide range of food groups and this is where many people with type 2 diabetes get into trouble.

You see, carbohydrates are the nutrient that has the greatest impact on blood sugar and A1c levels. While the type of carbs you eat is important, the amount is what you want to pay attention to the most.

While some carbs are great to eat, others are best avoided.



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### **Vegetables**

Many people don't realize that vegetables are a carbohydrate food. And many vegetables, particularly non-starchy vegetables are ALWAYS at the top of the diabetes food list. You should be eating at least 5-10 serves a day.

One serve of veggies is equal to half a cup of something like broccoli or cauliflower, and 1 cup of leafy veggies like kale or lettuce. So 2.5 cups of veggies is your daily minimum. With diabetes, non starchy veggies need to be your predominant choice of carbohydrate. The great thing about that is they provide great nutritional value as they contain loads of dietary fiber, vitamins, minerals, and other compounds like polyphenols, that are beneficial to improving health.

### **Vegetables to choose from in abundance (low in carbohydrates, high in fiber)**

Alfalfa, artichoke, arugula (rocket) asparagus, avocado, bean sprouts, beet greens, bell pepper (capsicum), bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chicory, chives, choy sum, collard greens, cucumber, dandelion greens, daikon, eggplant (aubergine), endive, fennel, green beans, green onions, mushrooms, mustard greens, kale, kohlrabi, leeks, lettuce, okra, pak choi, radish, radicchio, rhubarb, scallions (spring onions), seaweeds, silverbeet, shallot, spinach, sugar snap peas (snow peas), Swiss chard, tomatoes, turnip greens, watercress, yellow summer squash, zucchini (courgette).

### **Miscellaneous:**

- Garlic. Studies have found that garlic has antimicrobial and antiviral effects that may help prevent infection. There's also evidence that garlic may improve digestion and constipation.
- Green tea. Green tea is known to have many health benefits, some of which may be helpful in relieving or preventing symptoms. Green tea has anti-inflammatory, antiviral, and antibacterial properties which can reduce inflammation and lower your risk of infection.



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- **Ginger.** Ginger has been used as an herbal medication for the treatment of various gastrointestinal ailments for centuries, including nausea, vomiting, and diarrhea.
- **Turmeric.** Turmeric has been used as an herbal remedy in India for centuries. In recent years, clinical studies have shown it to have several benefits, many related to the digestive system. The anti-inflammatory effect of turmeric may protect the digestive tract, increase the secretion of some enzymes, and relieve pain.

### **Beneficial Supplements**

**Coenzyme Q10 ( CoQ10 ).** Your body naturally makes small amounts of this enzyme, also known as ubiquinone and ubiquinol. As a supplement, CoQ10 may help lower blood pressure, either on its own or along with medications. Other studies have found that adding it to heart failure drugs may help people feel better day to day. CoQ10 supplements are also popular as a treatment for the side effects of cholesterol-lowering drugs called statins. Why? These meds can sometimes lower the amount of CoQ10 the body makes on its own, saturated fats, cow's milk, gluten, sugar, sodium, refined carbs, artificial anything, and glyphosate. Anti-inflammatory diet for the rest of your life.

**Probiotic**  
**Vitamin D**  
**Vitamin C**  
**Glutathione**  
**Turmeric**

**Fish Oil.** Full of omega-3 fatty acids, it can slash levels of triglycerides -- an unhealthy fat in your blood -- by up to 30%. It may also improve blood pressure. But it's not clear if non-prescription fish oil supplements lower your risk of heart attack and stroke. Your best bet may be to eat fish with omega-3 fatty acids. The American Heart Association recommends that all adults eat at least two 3.5-ounce servings of fish a week.



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**Garlic** lowers blood pressure. It may slow the buildup of plaque in your arteries, lowering your risk of blood clots. Research shows that both garlic in food and in supplements may help.

**Green Tea:** Research shows that both the extract and the drink may lower LDL cholesterol and triglycerides, and raise HDL levels.

**For GI Tract:** which is the core of all health; probiotics are so important.

Helps boost immune system and gut-brain connection as well as protection against certain toxins. Before glyphosate received a patent as a herbicide, it was patented as an antibiotic. Thus, it can kill pests (as well as bacteria). It kills the good bacteria in the soil and these bacteria are required to metabolize minerals for the plant.

**Vitamin C** has been shown to help mitigate glyphosate exposure. A 2006 paper found that: glyphosate alone or included in Roundup 3, induced significant changes in cellular antioxidant status as a glutathione depletion, enzymatic (catalase, glutathione-peroxidase and superoxide dismutase) disorders, and increased lipid peroxidation. They then tested the impact of Vitamin C supplementation and concluded that Vitamin C might have: preventive effects against deleterious cutaneous cell damage caused by Roundup.

**DMG** is great because it Supports methylation and other body processes and is an immune system modulator. Dimethylglycine (DMG) supports methylation, methionine metabolism, folate chemistry and is an immune system modulator. DMG is a non-protein amino acid present in plant and animal cells. DMG is considered a “methyl donor” or “methyl bank.” In the body, with the help of a coenzyme of riboflavin, DMG supplies methyl groups that attach to folic acid to form methylene tetrahydrofolate, an important component of many biochemical processes in the body, including cellular perception and response. It is also involved in maintaining healthy homocysteine levels.

- Supports Endurance & Immune System Function
- Supports Circulatory & Cardiovascular Functions
- Supports Neurological Function

Dimethylglycine (DMG) is a nutrient which is found in the cells of both plants and animals. The human body produces DMG in very small amounts. Supplementing the diet with higher levels of DMG greatly improves the nutritional environment of the cell. Dimethylglycine has been found effective in supporting immune system function and better utilization of oxygen at the cellular level.

**Warning: You must always consult with your physician before using this or any other product.**



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### **Deal with Stress effectively**

Just another reason why living a healthy lifestyle is so important to fight off diseases and to protect our mind-body-spirit. Practice mindfulness and meditations, diabetes and cardio issues are a dis-ease and the more you are at “ease” in your body the better. Bruce Lipton writes about how when we are joyful, happy and peaceful, it influences the trillions of cells we have, which boosts our immune system and creates healing in the body. Stress weakens the immune system, and this is where disease thrives.

### ***Supplements available on Wellevate:***

1. Pro-Biotic Complex™ 100 vegcap Klaire Labs **Product Code: PRO-6** Take 1 per day, ongoing. Take without food.
2. Odorless Garlic **Product Code: W10542** take 1 with food
3. CoQ10 Product Code: **COQ60 or N3212**
4. Vitamin D3 With K2 Liquid 1 oz Ortho Molecular **Product Code: R08703** Take 1 drop once per day, ongoing. Take with food.
5. DMG Product Code: **GL190**
6. InFlammacom 2 D oz Energique **Product Code: E14852** Take 3 drops daily.
7. Vitamin C from Tapioca 150 gms Ecological Formulas **Product Code: C1000 or PURC4** take 1/2 teaspoon with food
8. Warrior Blend Vanilla 30 servings Sunwarrior **Product Code: S24318** Add one scoop to unsweetened coconut or almond milk.
9. Organic Aloe Vera Take once ounce as needed. **Product Code: C91233**

**You must always consult with your physician before using this or any other product. THIS DOES NOT PROVIDE ANY MEDICAL ADVICE.** *Information is provided for informational purposes only and is not intended as a substitute for the advice provided by your physician or any information contained on or in any training course or document. You should not use the information in this document or on any web site for diagnosing or treating a health problem or disease, or prescribing any medication or other treatment. You should always speak with your physician before starting any nutritional program, exercise program or start taking any medication or nutritional, herbal or homeopathic supplement, or adopting any treatment for a health problem. For any products or services recommended here or from any web site, you should read carefully all product packaging and instructions. If you have or suspect that you have a medical problem, promptly contact your physician. Never disregard professional medical advice or delay in seeking professional advice because of something you have read here or on any web site. Information provided here or on any web site and the use of any products by you should be cleared by your physician.*



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Food Products to Explore:

Paleo Waffles <https://birchbenders.com/products/paleo-waffles>

Udi's Gluten Free Bagels <https://udisglutenfree.com>

Siete Almond Wraps, Siete Taco Shells, Chips <https://sietefoods.com>

Gluten Free Pretzels: <https://www.quinnsnacks.com>

Applegate Turkey or Chicken Organic slices: <https://applegate.com/products>

No dairy cheese by Daiya <https://daiyafoods.com>

Cheese Products: Dairy-Free Cheese: comes in shredded and a spread/wedge:

<http://www.daiyafoods.com/> Daiya Yellow Cheddar, Daiya White Mozzarella

Cheese Jack style and more flavors, Daiya Cream Cheese, Daiya Cheesecake in Plain, Strawberry, Chocolate, Lime, Frozen Pizza from Daiya available at Whole Foods

Kite Hill ricotta, cream cheese

### **Non-Dairy Milks & Ice Creams:**

So Delicious Coconut milk Unsweetened or Regular

365 Organic Unsweetened Almond Milk Regular or Vanilla

So Delicious Cashew unsweetened milk or Almond Dream

<http://nadamoo.com> Coconut Ice Cream available at Whole Foods

So Delicious Coconut yogurt (watch the sugar grams) regular or Greek

### **Breads:**

[www.ener-g.com](http://www.ener-g.com) available at Mrs. Green's & Amazon

Light Tapioca bread, High Fiber Loaf, dinner rolls, hamburger buns, pizza crusts

My favorite is Light Tapioca bread by Ener-G (just toast the bread and it tastes great!) available online as well

### **Udi's bagel, white bread**

Sun Warrior Pea Protein Smoothie powder

Simple Mills cookie mix add King Arthur Almond flour

Andean Dream Chocolate Chip Quinoa Gluten-Free Cookies

Enjoy Life Bagels, Enjoy Life Snack Bars

All eggs and lead meats need to be organic and/or grass finished.



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**Being proactive with protecting your heart involves reviewing your lifestyle factors, food regime and exercise routine.**

### *Tips for better heart health:*

- Gentle exercise regimen translates into smart heart hygiene
- Eat right and be on winning side of the battle of the bulge
- Lay off the salt
- Choose baked over fried foods
- CoQ10 may improve energy production in cells, prevent blood clotting & an antioxidant
- Eat your fiber since it is linked to lower risks of heart disease
- Strive for 25 – 30 grams of fiber daily but start slowly to let your body get accustomed to it
- Omega-3 fatty acids have been shown to protect the heart
- Do not cut corners on your much needed restorative sleep
- Deal with stress in a positive, therapeutic approach
- Avoid caffeine in the afternoon
- Channel some relaxing wind-down rituals before bedtime
- Get medical help asap if experiencing shortness of breath, nausea, lightheadedness, chest or upper body pain
- Check cholesterol and blood pressure
- Stay hydrated with purified water
- Remove toxins from your environment
- Learn to live a healthier lifestyle and be proactive



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### ***9 Superfoods for Heart Health***

One of the most important aspects of a healthy lifestyle that can increase your heart health starts with what you put on your plate. You may lower your chances of heart disease significantly by changing your eating regime and adding in the following nine superfoods. Remember that it is also important to review what you are consuming daily, what level of exercise you are incorporating, and how you are dealing with stress. Of course, before starting any new supplement, food or exercise regime, always discuss with your medical practitioner

#### ***The nine superfoods for your heart are:***

1. Lemons/Oranges help reduce blood pressure, cholesterol, and heart failure. The soluble fiber pectin sops up cholesterol in food and blocks absorption. The potassium in oranges helps counterbalance salt, keeping blood pressure under control.
2. Kale helps prevent atherosclerosis, which is plaque build up inside your arteries. Kale is loaded with antioxidants, omega-3, fiber, folate, potassium, vitamin E, and lutein.
3. Garlic reduces plaque and blood pressure as it breaks down an enzyme called angiotensin, which constricts blood vessels. Studies show that aged garlic extract slowed plaque progression by 50%. My favorite product is the Kyolic brand.
4. Grapes boosts HDL and reduce unwanted clotting. The critical ingredient is resveratrol. The polyphenols keep blood vessels flexible and reduce blood clotting.
5. Dark Chocolate reduces blood pressure as it is rich in compounds called flavanols. Drinking minimally processed cocoa is also heart healthy.
6. Sardines help lower triglycerides and raise HDL. The omega-3 in cold-water is crucial for heart health. Studies state that the omega-3 from cold-water fish is more potent than the omega-3s from sources such as flaxseeds.
7. Lentils reduce blood pressure and associated with a 62% reduction of heart disease risk! Lentils are a lean vegetable protein with fiber, folate, magnesium,



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and potassium. Soak them the night before cooking them to help reduce any GI discomfort.

8. Almonds, walnuts, and pistachios help reduce LDL and fatal arrhythmias, which is a problem with the rate or rhythm of the heartbeat. The plant sterols in almonds reduce the absorption of cholesterol and encourage the liver to make less LDL and more good HDL.
9. Pomegranates reduce atherosclerosis, which is plaque buildup inside your arteries. Eat the fruit or drink the unsweetened juice as both have unique antioxidants that block plaque progression and can reverse buildup when taken daily.

### *Nine Facts About Sugar Intake*

1. Sugar causes your blood glucose to spike and then drop, leading to mood swings, fatigue, headaches, and cravings for even more sugar. Cravings set the stage for a cycle of addiction.
2. Sugar increases the risk of obesity, diabetes, heart disease, and different forms of cancer. Adolescent obesity tripled in the past 30 years, and childhood obesity rates have doubled. Sugar specifically promotes belly fat, and that visceral fat leads to risks of heart disease and diabetes. The research found negative associations between high sugar intake and survival rates in both breast cancer patients and colon cancer patients.
3. Excessive sugar is linked to liver and kidney damage and can occur even without excess calories or weight gain. High sugar diets lead to a fat buildup in the liver and can cause inflammation. Kidneys get overworked, filtering our blood when there are high levels of sugar.
4. Sugar interferes with immune function. Bacteria and yeast feed on sugar and makes you vulnerable to infections and illness. Sugar is linked to widespread effects from the body's inflammatory response to infection. Inflammatory responses spread throughout the body and lead to a multiple of health issues. These health issues can include arthritis, joint pain, imbalanced hormones, degenerative diseases, and much more.
5. Sugar promotes chromium deficiencies, and that's a problem cause one of the chromium's main functions is to help regulate blood sugar. Scientists estimate that 90 percent of Americans don't get enough chromium.



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6. Sugar accelerates aging and contributes to sagging skin. Sugar can cause the loss of elasticity, which is found in aging body tissues, from your skin to your organs and arteries. Sugar also affects the aging of your brain linked to memory loss and cognition issues.
7. Sugar causes tooth decay as it sits on your teeth, and it creates decay more efficiently than any other food substance. It can cause gum disease, which can lead to heart disease.
8. Sugar increases stress, and when you're under stress, the stress hormone levels rise. It can cause an imbalance of your adrenaline, epinephrine, and cortisol, the chemicals responsible for the body's fight-or-flight response. One of the main things these hormones do is raise blood sugar, providing the body with a quick energy boost. The problem is that these helpful hormones can make us feel anxious, irritable, and shaky. The excessive sugar flowing in your blood can cause adrenal fatigue and adrenal burnout.
9. Sugar takes the place of important nutrients. People who consume the most sugar have the lowest intakes of essential nutrients, especially vitamin A, C, B-12, folate, calcium, phosphorus, magnesium, and iron. Now that you know the negative impacts sugar can have on your body and mind, you'll want to be more careful about the foods you choose



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**Remember your health is worth it because YOU are worth it!**

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