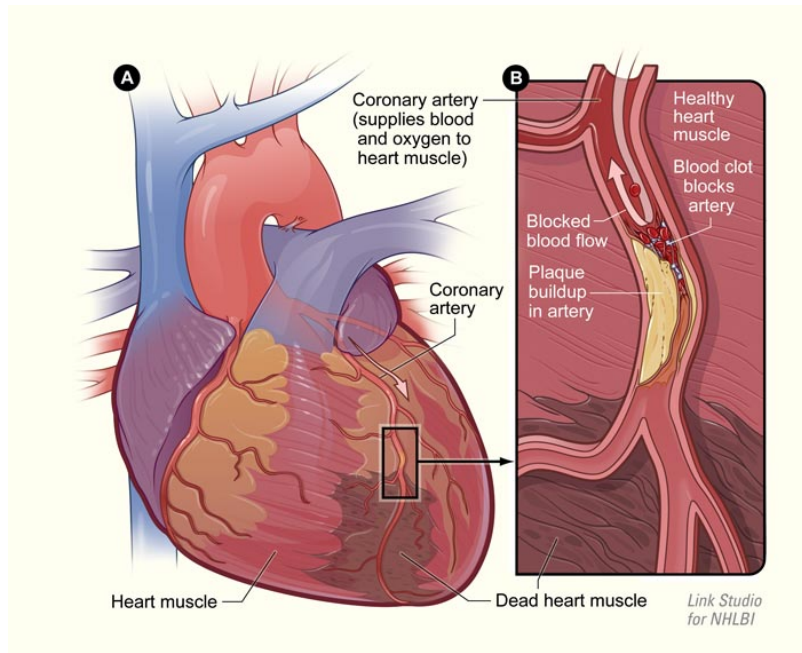


## A Healthy Heart Diet

It is important to remember that the roots causes of heart disease, generally speaking, are poor nutrition, “bad” dietary fat, stress, sugar and toxins.

First of all, never eat fat derived from margarine, avoid products with palm oil and use coconut oil moderately. Sesame seed, sunflower and flax oil are all preferable. Of course, do not overheat oils when cooking; never fry olive oil and other “low heat” oils.

Mother Nature provides us with a variety of foods that are good for your heart including flax, sesame and sunflower seeds, garlic and onion, hummus, mung bean and alfalfa sprouts, apricots and dates, olive oil, chestnuts, almonds, green beans, blueberry, and watermelon. However, the right foods for you to consume in large amounts must be based on your body-type (Ayurvedic body constitution / prakruti/vikruti) or you may find yourself imbalanced in other ways.



Many of us stay away from beans ignoring the fact that beans can be one of the best things you can eat to protect your heart. The soluble fiber in beans helps block cholesterol and fats from being absorbed into your bloodstream. There is no doubt that eating a legume rich diet can lower your cholesterol. If you feel a need for some meat then replace red meat with healthier meats like white turkey meat. (I don't recommend fish due to the increased toxicity of most fish particularly with heavy metals). I do recommend two ½ cup services of beans per day!

Additionally, you want to consume high antioxidant-rich foods to protect against heart disease that include red and blue berries, most red fruits, black olives, red onion, kiwi fruit, apples and others. The berry family is the best family of fruit for the heart as they can prevent plaque buildup in the wall of the coronary arteries.

My dietary recommendations are a controlled fat (not low-fat) and low-sugar diet consisting of complete meals with legumes for protein, whole grains (as recommend for your body-type), and large amounts of mostly leafy green vegetables with each meal including breakfast. I always recommend the liberal use of spices with meals and suitable fruits as snacks between meals.

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It is difficult to eat well when you are eating out so you really need to prepare your own meals at home to control the ingredients and add the spices that you need. Plan ahead what you are going to eat so you have a chance to choose your foods carefully. It's essential to eat freshly prepared meals not leftovers and processed foods. Check every product you purchase for the sugar content and keep all sugar to a absolute minimum.

Do not weaken your digestion system by eating late at night, eating a heavy meal at dinner or snacking between meals on foods other than fruit. As a prerequisite for health proper sleep and rest are also essential.

### Recommended Supplements

For nutritional supplements you need to be taking daily doses of therapeutic oils high in Omega-3 Fatty acids such as flax oil or even better pharmaceutical grade fish oil. Additionally, a whole-food Vitamin B-complex, a natural vitamin C (not ascorbic acid) and a natural source of Vitamin E from wheat germ oil are also important to cover your nutritional bases.

### Spices for your heart

To reverse an existing condition, liberally use anti-inflammatory herbs in your diet such as turmeric, cinnamon, ginger, rosemary, parsley, cloves and oregano. Cooking with garlic is also beneficial for most heart conditions if it is suitable for your body-type and does not aggravate your intestines. Eating raw garlic is much healthier for you then dried varieties so juicing with garlic can be very effective.

Spice up your life with herbs, roots, and plants that benefit your health as much as they do your

taste buds: From keeping your heart healthy and your arteries clear to reducing pain and warding off diseases, these everyday flavors will add a healthy punch to all your breakfasts, lunches, and dinners.

### **Herbal Support**

Daily, drink herbal teas with hawthorn berries and hawthorn leaf to further prevent cardiovascular plaque from building and keep circulation strong. My heart formula tea contains: organic Hawthorn leaf and flower, organic Lemon Balm, organic Rosehips, organic Dandelion leaf, organic Ginkgo, organic Oatstraw, organic Bilberry fruit, organic Hawthorn berries, organic Ginger, organic Lemon peel, organic Motherwort, and organic Meadowsweet flower.

In Ayurveda, the base for most heart formulas is the Arjuna bark which has a proven history of strengthening the circulatory system, lowering blood pressure and balancing cholesterol levels.

Herbs like Arjuna bark are not designed to be taken alone and need to be combined with other herbs to support digestion and make a more effective herbal medicine. It is best to have herbal formulas prepared by a herbalist.

### **Relaxation and Meditation**

The first treatment for heart disease involves an extended period of rest or reduced activity, both physical and mental. Strain and worry should be set aside and a vacation is often recommended. The best method to calm the mind and relax the nerves is daily meditation. This involves, sitting still in a quiet place, breathing deeply for 2- 5 minutes and then stilling the mind by focusing on an object, a phrase or even music for 10-15 minutes per day. After daily practice, the mind will settle, the nerves will become more calm and blood pressure will gradually reduce.

### **Overview of protocol**

Based on your Ayurvedic body-type diet and taking the season into consideration, you need to maintain healthy eating habits as described with the recommended foods and plenty of spices including garlic.

Take whole food supplementation of C, E (1 tspn. of wheat germ oil) and a food based B complex with a Tbsn. of fish oil per day. Then have a herbal tea two times a day and take an Chinese or Ayurvedic herbal formula daily. Maintain this holistic protocol for at least 3 months and you will see a substantial improvement in your hearts condition including healthy blood pressure levels and lower cholesterol levels.

Please don't take your heart for granted and give it some attention each year.

Details on [Khabir's Natural Cardiovascular Health Program](#)

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