

Heart Healthy Smoothies & Drinks

Pineapple & Spinach Green Smoothie

Ingredients

- 2 cups lightly packed baby spinach
- 1/2 large apple, chunked
- handful raw almonds
- 1 cup frozen pineapple
- 3-4 ice cubes
- 1 cup unsweetened organic almond milk

Optional: Add 1 scoop Whey Pro or Vanilla Dream Protein

Load items into blender in the order listed above. Blend until smooth, pour into glasses and enjoy!



Circulation Smoothie



Get your blood pumping with this easy smoothie recipe. It's chockfull of ingredients with antioxidants that boost blood flow and can help to keep your arteries clear.

Ingredients:

- 1/2 cup pomegranate juice
- 1/2 banana
- 5 strawberries
- 1/2 unsweetened organic almond milk

Put all ingredients in a blender, and blend until desired consistency is reached. Enjoy!

Heart Attack Prevention Cocktail

The cranberry juice in this cocktail is packed full of antioxidants, while the stevia will work to relax your blood vessels. Drink this cocktail in the morning.

Ingredients:

- 1 part pure cranberry juice
- 1 part flaxseed oil
- 4 drops of liquid natural stevia

Take a shot glass. Fill half the glass with the cranberry juice and half with flaxseed oil. Top off with 1-4 drops of stevia in liquid form.



A Brief Guide to Nutrients in Heart-Healthy Foods and Supplements

Phytoestrogens are substances in plants (like flaxseed) that have a weak estrogen-like action in the body. Studies suggest that flaxseed lowers the risk of blood clots, stroke, and cardiac arrhythmias. It may also help lower total and LDL "bad" cholesterol and triglycerides, and even blood pressure.

Phytosterols are plant sterols that chemically resemble cholesterol -- and seem to reduce blood cholesterol. **All nuts and seeds, including wheat germ**, have phytosterols.

Carotenoids are heart-protective antioxidants in many **colorful fruits and veggies**. Alpha-carotene, beta-carotene, lutein, and lycopene are carotenoids.

Polyphenols are another set of antioxidants that protect blood vessels, lower blood pressure, reduce LDL "bad" cholesterol. **Flavonoid** polyphenols include catechins, flavonones, flavonols, isoflavones, resveratrol, and anthocyanins. **Non-flavonoid** polyphenols include ellagic acid (found in **all types of berries**).

Omega-3 fatty acids (found in fatty fish like salmon) and **alpha-linolenic fatty acids** (found in plant foods like walnuts) help boost the immune system, reduce blood clots, and protect against heart attacks. They also increase good HDL levels, lower triglyceride levels, protect arteries from plaque buildup, are anti-inflammatories, and lower blood pressure.

B-complex vitamins -- like **Vitamin B-12 (folate)** and **vitamin B-6** -- protect against blood clots and atherosclerosis, or hardening of the arteries. **Niacin (vitamin B-3)** helps increase HDL "good" cholesterol.

Vitamins C and E are antioxidants that protect cells from free radical damage. **Magnesium, potassium, and calcium** help lower blood pressure. **Fiber**-rich foods help lower cholesterol levels. A Tufts University study found individuals taking 700 mg daily of vitamin C had a 62% reduced risk from dying from Heart disease and a 50% reduced mortality rate over all. Combining the amino acid lysine with Vitamin C may dissolve blot clots in the blood stream.

Blond Psyllium found in seed husks may lower LDL "bad" cholesterol.

coQ10 found in rice and wheat bran was found to be extremely beneficial treating congestive heart failure. In one study all patients improved after 30 days and 53% were symptom free.

Potassium supplements have been shown to help patients reduce reliance on blood pressure medication and diuretics.

Beta Carotene (Vitamin A precursor) A Harvard study found that patients with a previous history of heart disease were 40% less likely to have a heart attack than those given a placebo. A John's Hopkins University study found people with high levels of beta carotene had 50% fewer heart disease cases.

Magnesium deficiency has been found in those who die suddenly of heart attacks. Magnesium deficiency has also been implicated in mitral valve prolapse.

Amino Acids such as L-arginine and L-carnitine when given intravenously and then followed by therapeutic doses has been shown to help damaged heart muscles, reduce the number of cardiac events by 50% and reduce arrhythmia and angina pectoris significantly.