

# Healthy Heart

- **Grapefruit:** Lowers cholesterol and supports weight management with antioxidants.
- **Garlic:** Reduces blood pressure and improves cholesterol.
- **Flaxseeds, chia, walnuts, hemp:** High in omega-3 and fiber—help lower cholesterol.
- **Beetroot:** Boosts circulation and lowers blood pressure via nitric oxide.
- **Cayenne pepper:** Improves circulation and helps regulate blood pressure.
- **Hawthorn:** Strengthens the heart and supports blood flow.
- **Hibiscus:** Lowers blood pressure and protects the heart with antioxidants.
- **Ginkgo biloba:** Enhances circulation and supports heart function.





## Additional Suggestions:

- **Eat clean:** Focus on fruits, veggies, nuts, whole grains, healthy fats (like avocado). Avoid seed oils.
- **Antioxidant-rich foods:** Include berries, greens, turmeric, tomatoes, onions, garlic.
- **Omega-3s:** Add flaxseeds or chia regularly.
- **Move daily:** Exercise 30 min/day (walk, bike, swim).
- **Reduce stress:** Practice gratitude, positive thinking, and deep breathing.
- **Sleep well:** Get 7–8 hours of quality sleep.
- **Stay hydrated:** Drink enough water daily – 30 ml/kg.
- **Keep weight in check:** Prevent heart strain.
- **Avoid alcohol & smoking:** Cut out both.
- **Try intermittent fasting:** May support weight and heart health.

For more information go to our website:



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Informational only.  
Always consult a medical professional.

