

## **Studies Discover Heart Healthy Foods and Supplements**

*There are some unique heart-loving foods and supplements that have proven themselves in research studies to be winners that help increase the health of the heart and blood vessels*

December 15, 2014 (FPRC) -- A revealing discovery was made in the middle of the 17th century. An Englishman named Harvey discovered that the job of the heart is to pump the blood throughout the body, almost in a continuous circle -- carrying food and other substances to all the cells, muscles, bones and skin. Indeed, the heart is an intricate and capable machine, composed almost entirely of muscle.

There are some unique heart-loving foods and heart supplements that have proven themselves in research studies to be winners that increase the health of the heart and blood vessels. These include fish, fish oil capsules, garlic, Vitamin E and Vitamin C. Eating fish and/or taking fish oil supplements is a good source of omega-3 fatty acids. Omega-3 is a special type of fat that the body cannot make by itself and is vital to good health.

In the Netherlands, eating a mere ounce of fish daily was associated with 50% fewer deaths from heart disease -- in other words, it cut the risk in half. In another study done in the UK, fish oil greatly improved the function of small arteries in patients with excess cholesterol in their blood.

Garlic is a favorite plant for strengthening the heart and lowering cholesterol. Per the Journal of Preventive Medicine, it also reduces blood pressure. The best way to benefit from garlic is to eat it raw or cooked on a frequent basis. It is also beneficial in supplement form.

Vitamin E and C are powerful health-giving vitamins. In one study of 11,178 people aged 67 to 105 years old, very good results were found from combining vitamins E and C. Those who were taking vitamin E supplements at the beginning of the study had a 34% lower risk of death from heart disease than those who were not. The combination of vitamins E and C together created a total risk reduction of 53%.

As the heart is basically a muscle, its strength can be greatly increased with regular exercise and physical activity. One example is a study from the Journal of the American Medical Association where researchers learned that higher levels of physical fitness can prolong people's lives overall, mostly due to lowered rates of cardiovascular (heart) disease and cancer.

Brisk walking is an excellent choice of exercise, one of the best, and so is bicycling, swimming and various team sports. These are all very beneficial when done regularly. If one is just beginning an exercise program, they should take it slowly at first and build it up gradually.

Keep the heart happily humming along by doing a variety of enjoyable exercises at one's own pace and by adding heart-loving foods and supplements to the diet.

This news is provided by Nutrition Breakthroughs. Since 2001 Nutrition Breakthroughs has provided natural health articles and effective natural remedies. Their mission is to provide nutritional supplements that get results and help people to avoid drugs and their side effects.

Since 2009, their natural sleep aid Sleep Minerals II has been keeping that promise -- by soothing even the worst insomnia and helping everyone from teenagers, to women with menopause symptoms, to those with restless leg syndrome, to older seniors, to get a good night's sleep.

For more information on Sleep Minerals II, visit [www.NutritionBreakthroughs.com](http://www.NutritionBreakthroughs.com).

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**Keywords**

[heart supplements](#)

[natural sleep aid](#)

[menopause symptoms](#)

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