Get Help for Heart Disease

December 19, 2019 By Karen Hoyt

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"Heart Diseases" is a term that covers all the disorders related to the heart. Similarly, it includes all cardiovascular diseases affecting the heart and blood vessels. In addition, it also leads to clogged arteries. Do you know poor cardiovascular health can actually lead to heart stroke or heart attack? If you need to get help for heart disease, read on.

What's eating up that heart?

I believe it's the lifestyle. Pretty much everything is dependent on how we live and what we eat. What are the consequences of a poor lifestyle? Atherosclerosis or the narrowing of arteries. For example, smoking, hypertension, and also that last samosa you had could lead to increased cholesterol levels. In fact, it does lead to irritation of the inner lining of the arteries. Eventually, it could cause the collection of plaque, leading to narrowed arteries. This doesn't end here, that plaque could even rupture leading to the formation of blood clots and further increasing the health complexities.

These conditions can reduce the heart's ability to pump blood, a reason for heart stroke and heart attack.

Getting Help for Heart Disease

Are you too lazy for that stroll?

Staying at a stationary position for an extended period of time can lead to high blood pressure and poor heart health, did you walk today?

Reduce that Blood pressure! High blood pressure is a complete NO for the heart health, thankfully you can control it naturally, even without medication. Eat low sodium options to get help for heart disease.

Let's Run: Exercise is one of the best things you can do, it makes your heart work efficiently and effectively. Studies have proven that 150 minutes of moderate exercise like walking or light aerobics and 75 minutes of vigorous exercise like running and cardio if done every week, can bring a serious change to raising blood pressure patterns. Make a routine, walk for 30 minutes a day.

Cut added sugars and reduce that sodium intake: High sugars is directly proportional to high blood pressure, cut that cola, have lemonade instead. Not just that sweet sticky food, even your bread has refined sugars, this sometimes kicks the sugar levels higher and the blood pressure rises. Even balancing the salt intake can help a lot.

Manage that stress: It's the most difficult part, especially with liver disease. Can you try stress busters by making planners and listening to your favorite music? Make yourself more organized and you'll definitely feel better. Get help for heart disease by starting at home!

Home remedies to lower blood pressure

Omega 3 oil: Taking Omega 3 in the form of walnuts or flaxseed oil, can actually manage blood pressure levels. In addition, it can rejuvenate cells, and also help bring better and healthier sleeping patterns.

Apple cider vinegar: First, this can be an immediate solution for high blood pressure. Second, it can also instantly calm indigestion and diarrhea. Finally, it may help with weight management. Three teaspoons per day can lower your blood pressure naturally within a week.

Garlic: Garlic releases allicin that helps with calming inflammation and managing high blood pressure. Make sure you leave it for 15minutes after crushing it.

Cinnamon: Cinnamon regulates blood sugar, manages cholesterol and even reduces stress, the problems pretty much solved over here. Add a pinch of it to your tea or sprinkle some over that dessert too, it's going to enhance the flavors and make it healthier.

Drink some coconut water: It is a rich source of potassium and magnesium, will control your blood sugar levels and help to maintain that cholesterol bar. High blood pressure is a silent killer, it can cause micro-tears in the arteries and lead to complex coronary diseases. After making sure you get good minerals, you can expect a healthier heart.

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