

WAYS TO SUPPORT YOUR *Cardiovascular Health*

THE CARDIOVASCULAR SYSTEM AFFECTS THE HEART AND OTHER CIRCULATORY ORGANS. DON'T FORGET TO SEE YOUR DOCTOR OR NATUROPATH TO SEE IF THESE SUPPORTS ARE RIGHT FOR YOU!

GET MOVING! YOUR HEART IS A MUSCLE AND IT NEEDS:

BRISK WALKING, RUNNING, SWIMMING, CYCLING, PLAYING TENNIS AND JUMPING ROPE. HEART-PUMPING AEROBIC EXERCISE IS THE KIND THAT DOCTORS HAVE IN MIND WHEN THEY RECOMMEND AT LEAST 150 MINUTES PER WEEK OF MODERATE ACTIVITY..

FOODS THAT SUPPORT THE HEART

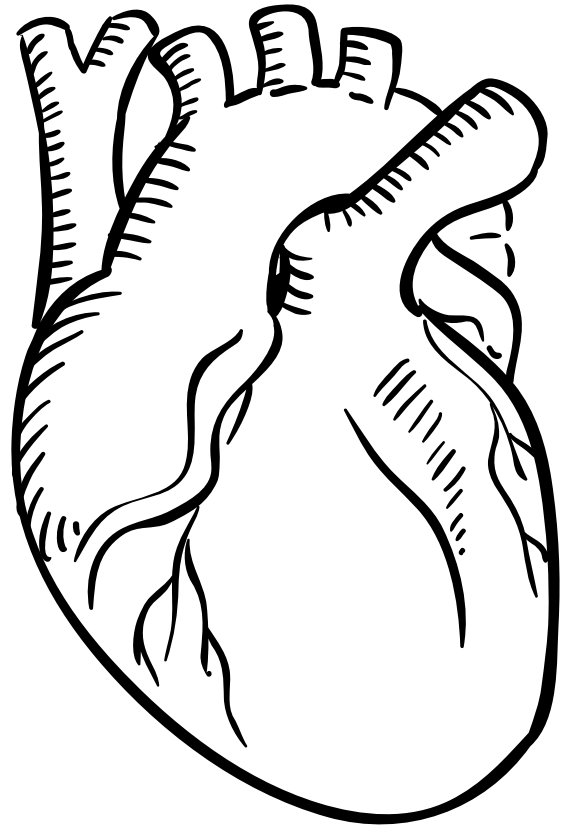
GARLIC, BLACK BEANS, SALMON, OLIVE OIL, WALNUTS, ALMONDS, SWEET POTATO, SWISS CHARD, ORANGES, BARLEY, OATMEAL, FLAXSEED, CHERRIES, BLUEBERRIES, DARK LEAFY GREENS

ESSENTIAL OILS

CERTAIN ESSENTIAL OILS SUPPORT THE HEART: LAVENDER, CLOVE, HELICHRYSUM, GERANIUM, LONGEVITY, AROMA LIFE (BLENDS)

SUPPLEMENTS:

- **SERRAPEPTASE** (AN ENZYME THAT CAN REDUCE ARTERIAL PLAQUE)
- **CARDIOGIZE** (A SUPPLEMENT THAT FEEDS THE HEART)
- **MAGNESIUM:** HOW DOES MAGNESIUM AFFECT THE HEART?MAGNESIUM BLOCKS CALCIUM, ALLOWING THE MUSCLE FIBERS TO RELAX. IN THIS WAY, MAGNESIUM IS INVOLVED IN THE INTRICATE BIOLOGICAL PROCESS THAT CREATES YOUR HEARTBEAT. MAGNESIUM ALSO PLAYS A KEY ROLE IN THE SODIUM-POTASSIUM PUMP , AN ENZYME INVOLVED IN GENERATING ELECTRICAL IMPULSES.



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