Dr. Depace’s Top Ten Heart Healthy Ingredients

[[ISH OIL - OMEGA-3 FATTY ACIDS](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=3373941662)](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=3373941662)**1. FISH OIL - OMEGA 3 FATTY ACIDS**  
Fish Oil contains the highest amount of Omega-3 Fatty Acids... and Omega-3 fatty acids benefit the heart of healthy people, and those at high risk of — or who have — cardiovascular disease. Research has shown that omega-3 fatty acids decrease risk of arrhythmias (abnormal heartbeats), which can lead to sudden death. Omega-3 fatty acids also decrease triglyceride levels, slow growth rate of atherosclerotic plaque, and lower blood pressure.

[[oEnzyme Q-10 (COQ10)](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=3373943142)](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=3373943142)**2. CoEnzyme Q-10 (COQ10)**  
The beneficial effect of CoQ10 in the prevention and treatment of heart disease is due to its ability to improve energy production in cells, inhibit blood clot formation, and act as an antioxidant. Multiple studies have found that people who received daily CoQ10 supplements within 3 days of a heart attack were significantly less likely to experience subsequent heart attacks and chest pain. In addition, these same patients were less likely to die of heart disease than those who did not receive the supplements.

[[ARLIC](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=6394808501)](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=6394808501)**3. GARLIC**  
Scientists have studied garlic fairly extensively as it relates to the treatment of hypertension and hyperlipidemia and it seems to be effective in lowering blood pressure and cholesterol in individuals who take it on a regular basis. The active component of garlic is an amino acid called alliin which is further converted to allicin and other active metabolites.

[[ed Yeast Rice Extract](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=3373943500)](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=3373943500)**4. RED YEAST RICE EXTRACT**  
About a dozen naturally occurring compounds in red yeast are chemically related to statins, the widely prescribed pharmacuticals renowned for their cholesterol-reducing powers. In addition, red yeast raises HDL, (good) cholesterol to more desired levels. Increases in HDL levels boost cardiovasculr health since HDL cholesterol helps eliminate LDL cholesterol from the bloodstream. The less LDL that’s present, the less chance you have of developing the blockages that cause heart disease.

[[IACIN](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=3373940482)](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=3373940482)**5. NIACIN**  
A recent study shows vitamin B3, also known as niacin, lowers bad cholesterol more effectively than a common statin drug, ezetimibe, sold as Zetia. Statins inhibit the absorption of cholesterol from the intestine, which then reduces the amount of LDL (bad cholesterol) in the blood stream. Since high cholesterol has been linked to cardiovascular disease, lowering LDL levels has been widely adopted as good preventive medicine.

[[ITAMIN D](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=3373940366)](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=3373940366)**6. VITAMIN D**  
a growing body of evidence suggests that vitamin D deficiency increases the risk of heart disease and is linked to other, well-known heart disease risk factors such as high blood pressure, obesity, and diabetes. Several large studies have shown that people with low vitamin D levels were twice as likely to have a heart attack, stroke, or other heart-related event during follow-up, compared with those with higher vitamin D levels.

[[AGNESIUM](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=3373941292)](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=3373941292)**7. MAGNESIUM**  
Large studies have linked magnesium deficiency to high blood pressure, while some have shown an association between magnesium supplements and a decreased risk of death from heart disease. A higher intake of magnesium may reduce the risk of developing type 2 diabetes and adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes. 

[[ATTO-K](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=7048022090)](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=7048022090)**8. NATTO K**  
Atherosclerosis, or hardening of the arteries, occurs when the normal lining of the arteries thickens, and deposits of fat and plaque build up, causing narrowing (or even blockage) of the arteries. An enzyme in natto, dubbed nattokinase, binds to fibrin and breaks it down. It helps to improve blood viscosity and reduce blood clots by enhancing the fibrinolytic properties of the blood.

[[awthorn Berry](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=3367461900)](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=3367461900)**9. HAWTHORN BERRY**  
Hawthorn has a relaxing effect on the arteries, in turn improving circulation that facilitates healthy blood pressure. Hawthorn has been shown to enhance the flow of blood through the heart while helping the heart beat tone up (inotropic effect). In fact, hawthorn was found to be far friendlier and more energy efficient as it helps the heart muscle contract to produce an effective beat, compared to drugs that seek to do the same thing. **(**

[[UGGUL](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=7628003659)](http://www.thebetterhealthstore.com/ItemDetail.asp?sku=7628003659)**10. GUGGUL**  
Guggul is made from the sap (gum resin) of the Commiphora mukul tree, which is native to India. Guggul gum resin is used for arthritis, lowering high cholesterol, “hardening of the arteries” (atherosclerosis), acne and other skin diseases, and weight loss. Guggul contains substances that lower cholesterol and triglycerides. One of these substances also decreases the redness and swelling that occurs in some types of acne.

<http://www.thebetterhealthstore.com/newsletter/021210_top-ten-heart-health_01.html>

Dr. Depace’s Top Ten Heart Unhealthy Foods

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**5. SOUR CANDY**  
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**6. RED MEAT**   
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<http://www.activebeat.co/diet-nutrition/the-10-worst-foods-for-your-heart/>

Dr. Depace’s Top 25 Heart Healthy Foods

1. **SALMON**

Omega-3 fatty acids.

Grill salmon with a yummy rub or marinade. Save a chunk to chop for a pasta or salad later on.

1. **FLAXSEED (GROUND)**

Omega-3 fatty acids; fiber, phytoestrogens.

Ground flaxseed hides easily in all sorts of foods -- yogurt parfaits, morning cereal, homemade muffins, or cookies.

1. **OATMEAL**

Omega-3 fatty acids; magnesium; potassium; folate; niacin; calcium; soluble fiber.

Top hot oatmeal with fresh berries. Oatmeal-and-raisin cookies are a hearty treat.

1. **BLACK OR KIDNEY BEANS**

B-complex vitamins; niacin; folate; magnesium; omega-3 fatty acids; calcium; soluble fiber.

Give soup or salad a nutrient boost -- stir in some beans.

1. **ALMONDS**

Plant omega-3 fatty acids; vitamin E; magnesium; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols.

Mix a few almonds (and berries) into low-fat yogurt, trail mix, or fruit salads.

1. **WALNUTS**

Plant omega-3 fatty acids; vitamin E; magnesium; folate; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols.

Walnuts add flavorful crunch to salads, pastas, cookies, muffins, even pancakes.

1. **RED WINE**

Catechins and reservatrol (flavonoids).

Toast your good health! A glass of red wine could improve "good" HDL cholesterol.

1. **TUNA**

Omega-3 fatty acids; folate; niacin.

Here's lunch: Salad greens, fresh fruit, canned tuna. Keep "Salad Spritzer" - a light dressing -- in your office fridge.

1. **TOFU**

Niacin; folate; calcium; magnesium; potassium.

Tasty tofu is easy: Thinly slice "firm" tofu, marinate several hours, grill or stir-fry.

1. **BROWN RICE**

B-complex vitamins; fiber; niacin; magnesium, fiber.

Microwavable brown rice makes a quick lunch. Stir in a few chopped veggies (broccoli, carrots, spinach).

1. **SOY MILK**

Isoflavones (a flavonoid); B-complex vitamins; niacin; folate, calcium; magnesium; potassium; phytoestrogens.

Soy milk is great over oatmeal or whole-grain cereal. Or, make a smoothie with soy milk.

1. **BLUEBERRIES**

Beta-carotene and lutein (carotenoids); anthocyanin (a flavonoid); ellagic acid (a polyphenol); vitamin C; folate; calcium, magnesium; potassium; fiber.

Cranberries, strawberries, raspberries are potent, too -- for trail mixes, muffins, salads!

1. **CARROTS**

Alpha-carotene (a carotenoid); fiber.

Baby carrots are sweet for lunch. Sneak shredded carrots into spaghetti sauce or muffin batter.

1. **SPINACH**

Lutein (a carotenoid); B-complex vitamins; folate; magnesium; potassium; calcium; fiber.

Pick spinach (not lettuce) for nutrient-packed salads and sandwiches.

1. **BROCCOLI**

Beta-carotene (a carotenoid); Vitamins C and E; potassium; folate; calcium; fiber.

Chop fresh broccoli into store-bought soup. For a veggie dip, try hummus (chickpeas).

1. **SWEET POTATO**

Beta-carotene (a carotenoid); vitamins A, C, E; fiber.

Microwave in a zip-lock baggie for lunch. Eat *au naturale*, or with pineapple bits.

1. **RED BELL PEPPERS**

Beta-carotene and lutein (carotenoids); B-complex vitamins; folate; potassium; fiber.

Rub with olive oil, and grill or oven-roast until tender. Delicious in wraps, salads, sandwiches.

1. **ASPARAGUS**

Beta-carotene and lutein (carotenoids); B-complex vitamins; folate; fiber.

Grill or steam slightly, then dress with olive oil and lemon. It's a pretty side dish.

1. **ORANGES**

Beta-cryptoxanthin, beta- and alpha-carotene, lutein (carotenoids) and flavones (flavonoids); vitamin C; potassium; folate; fiber.

Got orange juice? Check out the new nutrient-packed blends.

1. **TOMATOES**

Beta- and alpha-carotene, lycopene, lutein (carotenoids); vitamin C; potassium; folate; fiber.

For a flavor twist, try oil-packed tomatoes in sandwiches, salads, pastas, pizzas.

1. **ACORN SQUASH**

Beta-carotene and lutein (carotenoids); B-complex and C vitamins; folate; calcium; magnesium; potassium; fiber.

Baked squash is comfort food on a chilly day. Serve with sautÃ©ed spinach, pine nuts, raisins.

1. **CANTALOUPE**

Alpha- and beta-carotene and lutein (carotenoids); B-complex and C vitamins; folate; potassium; fiber.

A fragrant ripe cantaloupe is perfect for breakfast, lunch, potluck dinners. Simply cut and enjoy!

1. **PAPAYA**

Beta-carotene, beta-cryptoxanthin, lutein (carotenoids); Vitamins C and E; folate; calcium; magnesium; potassium.

Serve papaya salsa with salmon: Mix papaya, pineapple, scallions, garlic, fresh lime juice, salt and black pepper.

1. **DARK CHOCOLATE**

Reservatrol and cocoa phenols (flavonoids).

A truffle a day lowers blood pressure, but choose 70% or higher cocoa content.

1. **TEA**

Catechins and flavonols (flavonoids).

Make sun tea: Combine a clear glass jar, several tea bags, and hours of sunshine.

<http://www.webmd.com/food-recipes/features/25-top-heart-healthy-foods?page=2>