

Your Heart Health: Moving Beyond Just Cholesterol

What is Endothelial Health?

Most people only focus on their "cholesterol numbers," but your heart health is actually about the health of your blood vessel lining. Think of your blood vessels like a road: even if the cars (cholesterol) are normal, if the road is full of "potholes" and cracks, you are still at risk for a breakdown.

Why This Matters For You

- **Protects Your "Arterial Armor":** Keeping the lining of your blood vessels smooth and healthy prevents "gunk" from sticking to the walls.
- **Reduces Internal "Fire":** By focusing on inflammation rather than just a number, you address the actual cause of heart issues before they become a problem.
- **Puts You in Control:** You can actively "fix the road" through simple daily habits, even if you have a family history of heart concerns.

What You Can Do Today

1. **Eat "Nitrate-Rich" Veggies:** Add a handful of arugula, spinach, or some beets to your plate. These provide the raw materials your body needs to keep your blood vessels flexible and wide open.
2. **Protect Your "Non-Stick" Coating:** High blood sugar and chronic stress can damage the delicate gel-like layer that lines your arteries. Focus on balanced meals and 5 minutes of deep breathing to keep your "arterial armor" strong.
3. **Choose "Road-Fixing" Nutrients:** Talk to your coach about specific supplements like Citrus Bergamot or Beetroot powder. These don't just lower numbers; they help repair the lining of your blood vessels.

Questions to Discuss with Your Practitioner

- Can we look at advanced markers (like MPO or Lp-PLA2) to see if there is currently "fire" or inflammation in my arteries?
- Based on my history, would a Calcium Score or a CIMT test be a good way to see the actual health of my "roads" instead of just guessing from a blood test?

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