

# Heart Health

## Lower Inflammation:

- Drink Warm Lemon Water Each Morning
- Drink lots of Water
- No Gluten or Wheat
- Turmeric (Curcumin)
- MSM
- Bromelain
- Coconut Oil
- Tart Cherry Juice
- Ginger
- Cloves
- Rosemary
- Jamaican Allspice
- Oregano
- Marjoram
- Sage
- Thyme
- Charcoal Poultice

## Heart Function:

- Duke Rice Diet
- Whole Food
- Plant Based Diet
- Water
- Exercise
- Rest

- Abstention from Tobacco, Alcohol, and drugs
- Manage Stress
- Hawthorn Berry
- Colio
- Magnesium
- Calcium Rich Foods
- Potassium
- Cayenne Pepper
- Garlic
- Vitamins A, B Complex, C, and E

### **Hypertension:**

- Manage Stress
- Adequate Water
- Rule out Kidney Problems
- Maintain IBW
- Manage Sodium Intake (No refined, use Sea Salt)
- Rule out Atherosclerosis
- Celery
- Potassium: Black Strip Molasses
- Magnesium
- Exercise
- Whole Food, Plant based Diet
- Trust in God

### **Hypercholesterolemia:**

- Don't Eat anything with a mother (Whole Food, Plant Based)
- Don't eat Wheat
- Duke Ride Diet (Dr. Kempner's Diet)

- Juice Flush Diet
- Red Yeast Rice
- Increase HDL
- Garlic
- Vitamin D
- Restrict Cashews
- Exercise
- Beans
- Non-Gluten Grains
- Flax Seed