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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**A Balance Diet Can Make Your Heart Happy**

**By Ng Peng Hock**

The heart pumps about 10,000 liters of blood around the body every day. The blood acts as a

carrier to deliver oxygen and nutrients to muscles, cells, and tissues. If something is happened to the heart, the functions of various parts of the body may be affected in one way or the other. A healthy diet can not only reduce the risk of developing heart disease but also increase the chances of survival after a heart attack. Maintaining an ideal weight as a result of healthy diet can reduce the strain on heart; blood cholesterol level and hence the blood pressure; and lower the risk of stroke.

During World War II, beri-beri heart disease was very common because of Thiamine (vitamin B1) deficiency. But, nutritional deficiency is not a major cause of heart disease nowadays. The main problem facing most people now is eating too much sugar and fat but not getting enough vitamin and mineral required.

The diet we consume consists of two components: macro-nutrients and micro-nutrient. Macro-nutrients are carbohydrate, protein and fat, while micro-nutrients are vitamins and minerals. The key is you need to strike a balance between these two. Because of the bad effect of fatty foods (those consist of bad fats, of course), people tend to replace fat and protein with pure carbohydrates. Eating a lot of carbohydrates can probably reduce the risk of heart disease because of low cholesterol level. The weight, however, will be gained and so obesity, one of the risk factors for heart disease, may come into picture. Intake of pure carbohydrates can also cause vitamin deficiency. Vitamins B12 and folic acid are good at preventing anaemia that can weaken body, including the heart.

Taking vitamin supplements may not help you in preventing heart disease, but insufficient intake of the required vitamins may make you a possible candidate of heart disease. In The Food Doctor, a book written by nutritionist authors Ian Marber and Vicki Edgson, used ACE to describe three essential vitamins that keep the heart healthy. Vitamin C is an antioxidant, together with vitamins A and E, can stop food from oxidizing and protect the heart by attacking the harmful chemicals in the blood that are known as free radicals. It is believed that free radicals speed up the process of hardening of the arteries.

A balance diet is one with less fatty foods, less saturated fat, less sugar, and less salt. A small change

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in the salt intake can reduce the chances of hypertension. You may want to refer to my previous article – "Salt Is A Poison That Can Lead To Heart Disease" by clicking:

<http://www.howtopreventheartdisease.com/salt.html>

Meantime, you should include Omega 3 fatty acids that can be found in fish and fish oils to protect against coronary heart disease. Drinking a glass of wine a day with your meal is acceptable but do not over-drink. Brisk walking for 20 to 30 minutes a day and swimming can both make your heart happy. Nevertheless, you cannot bring along a swimming pool wherever you go, therefore, it is imperative to develop a habit for brisk walking for most of the days.

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Heart Disease Prevention – 8 Simple Ways You Can Do Immediately, Goto:

<http://www.howtopreventheartdisease.com>

### **Top Ten Reasons To Have A Balanced Life**

**By Monique Rider**

#### **Top Ten Reasons To Have A Balanced Life by Monique Rider**

The Top 10 Reasons to Have a Balanced Life

1. Balance is discipline.

Balance encourages us to look at all areas of our life.

Discipline comes when we consistently reflect on those areas and make the proper adjustments.

2. Balance prevents obsession.

At times we may focus too heavily on one area that needs attention. Then other areas suffer because we're obsessing. If we strive for balance by looking at the big picture – it's harder to obsess.

3. Balance creates internal harmony.

When our life is balanced, we feel in sync with the Universe.

It's a satisfied feeling and a sense of "letting go."

4. Balance offers a sense of accomplishment.

When we are in harmony and life is flowing easily, we feel good

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about ourselves, know that we've done well and accomplished something wonderful.

5. Balance puts us at peace.

When we are balanced, we feel at peace with ourselves and with the Universe. There is a calming, euphoric effect to being balanced.

6. Balance creates a connection.

When all areas of our life are strong and steady, there is a connection. We are able to give and receive, be happy and make others happy, exchange energy.

7. Balance is life giving. Balance is life.

Balance is all the things about us and about our world. It makes us well rounded, intuitive, happy, and spiritual.

8. Balance gives us meaning.

Balance gives us reasons to communicate with others, relate to them, work out differences, coordinate, and pray. The need for balance pushes us to ask questions, search for answers and change lifestyles.

9. Balance gives us direction and strength.

Without balance we drift and stray, we don't honor our commitments, we over commit, we have no stable foundation.

10. Balance is freedom.

Balance sets us free from worry, obsession and guilt. Balance comes from eliminating tolerations, knowing yourself, using extreme self care, getting clear on needs and values. And that is true freedom!!

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Monique is a survivor of adversity! She believes there are blessings in our struggles. Monique is also the owner of Trinity Coaching Services, a company that provides personal development coaching services. In addition, Monique is a competitive bodybuilder, wife, mother, and published author. To learn more about Monique and personal coaching visit:

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