

Salt Is a "Poison" That Can Lead To Heart Diseases!

This Free E-Book is brought to you by Natural-Aging.com.

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

Salt Is a "Poison" That Can Lead To Heart Diseases!

By Ng Peng Hock

Sodium is essential for cell function as it maintains the electrolyte balance in the body, which

regulates the flow of fluids such as water and blood. Sodium depletion is usually associated with dehydration. British's Institute of Food Research indicated that active people can lose up to eight litres of sweat a day and since sweat contains 0.5 g to 1.9 g of sodium per litre, failure to replenish the salt in the body can have harmful effects such as cramps, heatstroke and dehydration.

Sodium is the major component (about 40%) of salt (sodium chloride). The World Health Organization (WHO) recommends one teaspoon (5g) of salt or less a day. Nevertheless, research showed that intake of salt for people living in developed countries is 10 – 12 g a day which is 100% or more than the recommended one. Consuming too much salt is definitely not healthy for our health as it may lead to high blood pressure which is one of the risk factors for heart disease and stroke.

Professor Graham MacGregor, an expert in salt and hypertension research, described salt as a "long-term toxin that slowly pushes up our blood pressure as we get older." But why did he say that?

As salt intake increases, more fluid is retained in the bodies. That extra fluid is partly in the blood volume which can slowly push up your blood pressure as you grow older. This is a very slow process. Based on the prevailing rate of salt intake, Professor MacGregor predicted that an average 20-year-old person will have an almost guaranteed chance of getting high blood pressure by the time he or she reaches 50. Average blood pressure is expected to hike by about 6 mmHg over a 10-year period. For 30 years, it will be 18 mmHg (6 x 3). If the starting systolic pressure is 120 mmHg when you are 20 years old, then your blood pressure will be 138 mmHg by the time you are 50.

Stroke has a clear response to salt. Research had shown that a 1 g reduction will give you a one-sixth reduction in chance of getting strokes; 2 g will give you a third and 3 g a half. Therefore, it is clear that even a small reduction will have a great impact.

So, start reducing your salt intake from TODAY if you don't want to get heart disease or stroke.

Salt Is a "Poison" That Can Lead To Heart Diseases!

Feel free to use this article on your website or ezine as long as the following information about author/website is included.

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

<http://www.howtopreventheartdisease.com>

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 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>

Salt Is a "Poison" That Can Lead To Heart Diseases!

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.

Feel free to use this article on your website or ezine as long as the following information about author/website is included.

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

<http://www.howtopreventheartdisease.com>



This Free E-Book has been brought to you by Natural-Aging.com.

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

Salt Is a "Poison" That Can Lead To Heart Diseases!

