

Two 3–5–7 principles that can bring you a heart–healthy lifestyle

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By Ng Peng Hock

Food is vital to our life. Each day, we consume at least 2 to 3 meals (breakfast, lunch and dinner). In

order to make our foods tasty and variety, condiments such as salt, sugar, pepper, chilies, etc. are added to our foods. Sometime, soft drinks, wines or beers are taken to complement our foods. Some of these condiments and the type of foods we eat everyday, if presented in large quantities, may not be good to our health.

Fat and Cholesterol

Fat and cholesterol are not the same. However, both cholesterol and saturated fats in diet may raise blood cholesterol level which may eventually cause heart disease. Therefore, it is recommended that you should take only 15 to 32g of saturated fat and less than 300mg of cholesterol per day. You should avoid fried and oily food and replace saturated fats with poly–unsaturated fats (such as some vegetable and fish oils) and mono–unsaturated fats (such as olive and canola oils).

Salt

Only 2.5g of sodium is required for our body in a day. Being the major component of salt, sodium maintains fluid balance in our body and helps our muscles, including heart muscle to relax. However, excessive sodium intake will cause fluid retention in our body and contribute to high blood pressure.

Sugar

Taking too much sugar means a high calorie intake which Can lead to weight gain. So avoid or cut down soft drinks, dessert such as cream cakes, pastries, and foods with high carbohydrate.

Alcohol

High blood pressure can also be caused by excessive intake of alcohol. You may, however, take a unit of two each day but do keep to a safe level with some alcohol–free days.

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On the other hand, consuming more fresh and high–fibre foods, and increasing intake of plant–based protein can help us maintain a healthy body.

Fiber

Fiber can lower blood cholesterol. At least 20 to 35g of fiber should be taken per day. Fiber can be classified into soluble and insoluble: soluble fiber can be found in oats, barley, dry beans, apple, orange, pear and carrot while vegetables and whole grains are good examples of insoluble fiber.

Freshness

Fresh foods such as fruits and vegetables are non–processed and do not contain salt. This will limit your intake of salt.

Plant–based Protein

You should replace meat with beans and bean products a few times a week. Plants do not contain cholesterol though some (such as coconut) may contain fats.

Besides diet, moderate amount of exercise can also help you to have a healthy body. Physical activity improves your heart by reducing blood pressure and enables you to control your body weight. It helps prevent and control heart disease risk factors such as high blood pressure and high blood cholesterol.

Based on the above information, a health organization has used the easily–remembered numbers 3–5–7 to propose two simple principles that can bring you a heart–healthy lifestyle:

3–5–7 Healthy Heart Diet Principles

3 Highs (high in fiber, freshness, plant–based protein);
5 Lows (low in fat, cholesterol, salt, sugar and alcohol); and
70% Full for your diet.

3–5–7 Healthy Heart Exercise Principles

3 kilometers walk (or 5000 steps) per day;
5 times a week; and
Exercise heart rate at less than (170 minus Age) beats per minute.

For example, if your age is 40, then your exercise heart rate should not exceed 140 beats per minute.

Stress and smoking can cause heart disease too, so do manage your stress level and stay away from smoking.

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

<http://www.howtopreventheartdisease.com>

Improve Your Dog's Health With Natural Dog Health Care

By Joan Winthorp

Everyone who has a dog and who is conscientious about their own health will clearly see the benefits of providing a similar lifestyle for their pet. That not only means finding a good place for your dog to live, but also providing for his health.

Commit yourself to your dog's health by giving your dog the best in natural dog health care. As with humans, natural health care for dogs is often an advantageous alternative to chemical treatment.

If you want your dog to have the benefit of providing you with the companionship and entertainment that you need, then you really should make that effort to take care of his needs.

Natural dog health focuses on taking care of your dog's needs by using the best natural products you can find. Your dog has special needs; and you must to ensure that these needs are met on a regular basis if you want to see your dog live a long and healthy life.

Natural dog health care is also about purchasing the natural products that will best benefit your dog. A healthy dog is a happy dog; and when you take out your friend to play, everyone you encounter will see exactly how much love and dedication you have by giving your dog the best treatment and lifestyle possible.

The shiny coat and healthy look will be all the evidence they need. You will also be doing the best for yourself by adapting the natural dog care lifestyle, since you will have your friend around for a long time.

His immune system will be strong and he will enjoy partaking in the games that you will play. Natural dog health is also about changing your lifestyle so that you can be able to incorporate it in the way that you take care of your dog.

That means that you too should consider making natural health a part of you life. This could mean purchasing products that are natural and therefore good for your health.

By combining both methods, both you and your dog can life a happy and healthy life.

Joan Winthorp has always been fascinated by dogs. If you are a "dog lover" then the Joans website at

<http://www.my-dog-training-secrets.com>

was written just for you.

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