

Natural  
Solutions  
at veria<sup>™</sup>

**Coenzyme Q 10 (CoQ10)**

This supplement is said to increase oxygenation of the heart tissue, and has shown to prevent recurrences in individuals who have suffered a heart attack.

**Fish Oil**

Fish oil is an excellent source of Omega-3 fatty acid, recommended by the American Heart Association to reduce cholesterol.

**Grape Seed**

Grape seed extract may lower high blood pressure, which can cause heart disease.

**Hawthorn**

This herb is known to increase blood flow to help lower blood pressure.

**Pomegranate**

Research has shown that pomegranate juice can help prevent hardening of the arteries and may reverse plaque build up.

These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease.

## Getting Heart Healthy

Cardiovascular disease is one of the nation's leading health issues, claiming more than one million lives annually. By knowing your cardiac risk factors, those characteristics that increase a person's chances of developing heart disease, you can take a proactive approach to keeping your heart healthy.

The following factors can mean you may have a higher risk of heart disease:

- Known coronary artery disease or other vascular disease
- Type 2 Diabetes
- Older than 65 with more than one risk factor

### Tips for a Healthier Heart

Other risk factors, not determined by genetic predisposition or age, can be modified and reduced by making heart healthy choices in your life. You can control the way you live and follow medical advice to reduce or remove risk factors. Here's what can help:

**Put Out that Cigarette**

Cigarette smoking and tobacco use increase the risk of sudden death from heart-related causes. Smokers carry more than twice the risk of heart attack that non-smokers do.

**Lower Your Cholesterol**

High levels of total cholesterol, a type of fat that circulates in the bloodstream, low-density lipoprotein (LDL) and another blood-borne fat called triglyceride are associated with elevated risk of coronary artery disease.

**Get More Exercise**

Being overweight strains the heart. The more weight you gain, the more likely you are to develop high cholesterol, diabetes and high blood pressure. Exercise helps to control cholesterol levels, diabetes and obesity while lowering blood pressure.

**Avoid Alcohol**

Alcohol intake and substance abuse increases the risk of heart disease.

**Eat Right**

Poor eating habits that include excess salt, trans fats, refined foods, high-calorie foods and foods rich in animal fats increase the risk of cardiac disease. Cut down on refined foods, control total caloric intake and eat more fiber.

