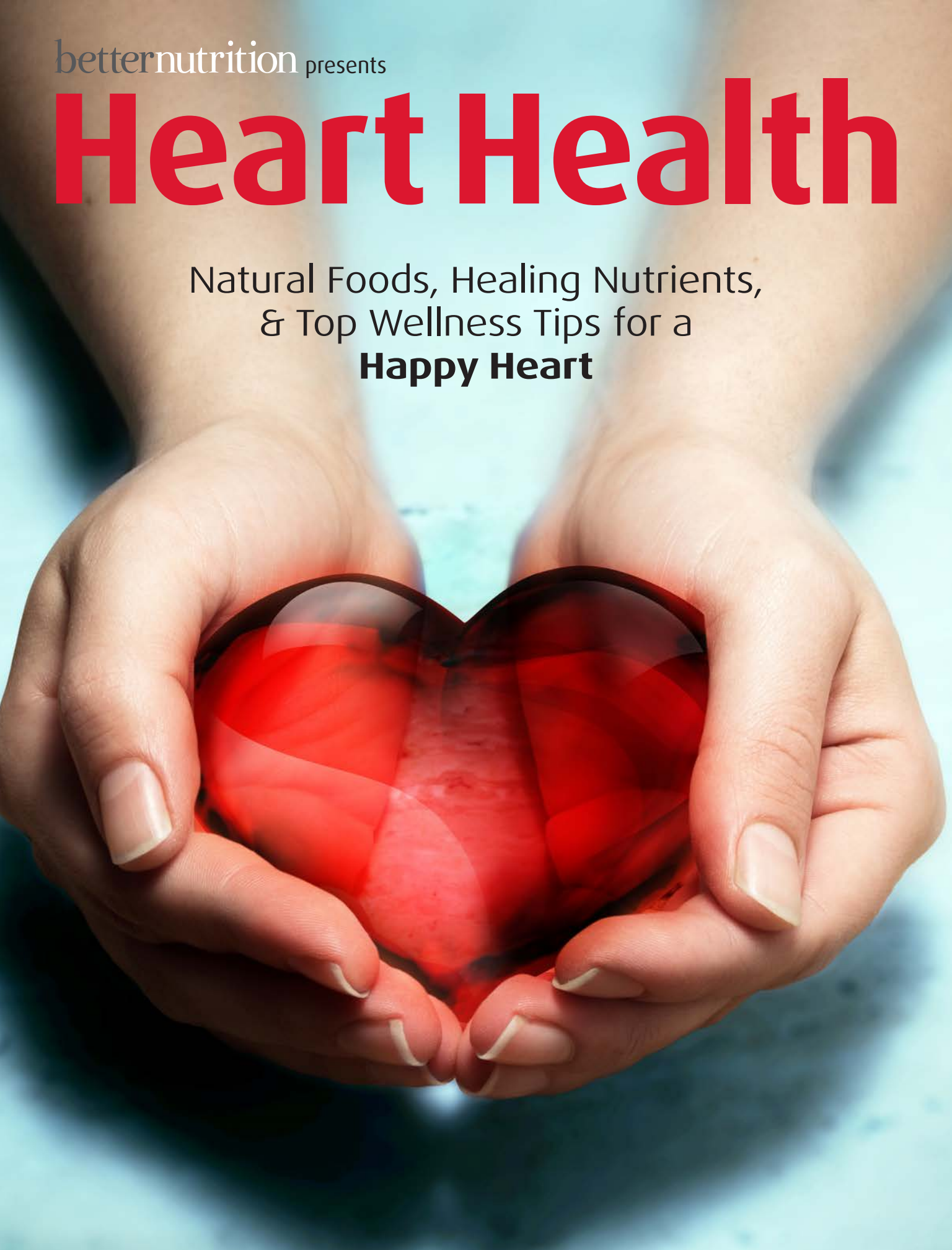


betternutrition presents

Heart Health

Natural Foods, Healing Nutrients,
& Top Wellness Tips for a
Happy Heart



Is your CoQ10 still working for you?

If you're over 40,
it might not be.

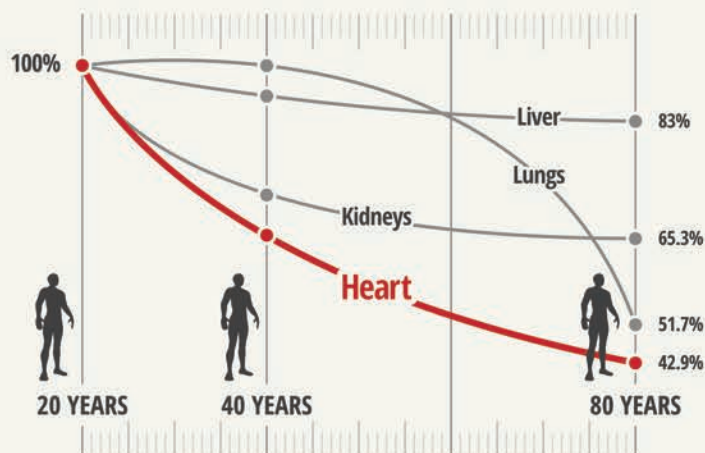


Your heart and every major organ needs CoQ10 to function effectively. As you get older, your body produces less CoQ10. Give your body the fuel it needs with **Ubiquinol**—the active form of CoQ10.*

Look for the Kaneka Quality Seal on the label of over 200 brands of Ubiquinol.

For more information, visit
www.ubiquinol.org/BNheart

CoQ10 Distribution in the Human Body



Source: A. Kalen et al. Lipids, 24, 579 (1989)

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

 **UBIQUINOL**
(you-bik-win-all)

Follow Your Heart

Many of us take our hearts for granted until something happens. We've all heard those shocking stories of a neighbor, coworker, or relative who dies suddenly of a heart attack without experiencing any warning signs. Heart disease is still the No. 1 cause of death for both men and women in the U.S.—it's estimated that more than 600,000 people die of heart disease in this country every year, accounting for 1 in every 4 deaths. This is more than reason enough to fine-tune your diet and lifestyle to help maintain a healthy heart.

While certain factors are beyond your control (e.g., a family history or genetic condition), there are a number of natural ways to reduce your risk of the disease right now. These strategies might surprise you: For example, did you know that inflammation is a leading contributor to heart disease, specifically, plaque formation? Or, that sunflower and pumpkin seeds may help prevent clotting and improve blood flow? With the right diet and lifestyle habits, you and your heart—not to mention the rest of your body—will be in great shape. Love your heart, and it will love you back!

Nicole

nbrechka@aimmedia.com



Here's a look at what's inside this eBook:



**8 Things You Need
to Know About Heart Disease**
An eye-opening look at the real causes
of cardiovascular disease.

**Super 8:
Top Heart-Smart Supplements**
The best science-backed supplements to
help maintain heart health.

Your Heart's Best Friend
CoQ10, a vitamin-like nutrient with
antioxidant properties, supports your
heart in a variety of ways.

Feed Your Heart
Let food be your medicine—and the way
to your heart. Here are the
7 best foods to eat.

Eat Your Heart Out!
Avocado, Sugar Snap Pea, & Blood
Orange Salad; Savory Cedar Salmon; and
Cocoa-Nut Truffle Balls are the yummy
recipe for keeping your ticker in tip-top
shape.

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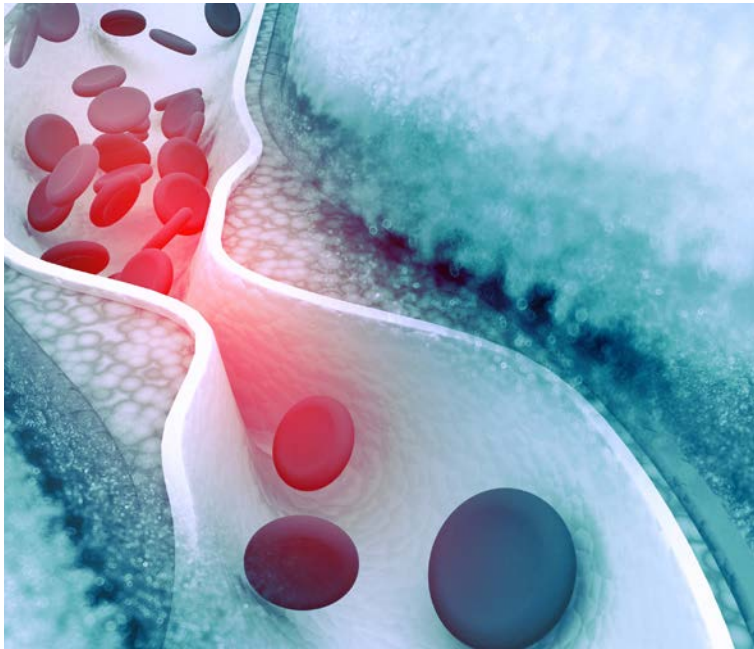
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8 THINGS YOU NEED TO KNOW ABOUT HEART DISEASE

For decades, doctors have concentrated on the “big five” causes of heart disease: **elevated cholesterol, high blood pressure, diabetes, obesity, and smoking.** But that is only part of the whole picture. Here are eight important things about heart disease you need to know right now.



1 HEALTHY ARTERIES, HEALTHY HEART

Ideally, your arteries should be flexible, with a smooth, undamaged endothelium, a single layer of cells that line the inner surface of your arteries. When healthy, your arteries allow the oxygen and nutrient-rich blood to flow freely. But over time, the effects of heredity, unhealthy habits, and simply growing older can damage arteries. When arteries become damaged—a condition called arteriosclerosis—blood flow can eventually be hindered or even completely blocked.

Calcification can also cause damage to your arteries. If you're over the age of 60, you likely have deposits of calcium in your major arteries. As the calcium builds up, it can harden and reduce blood flow. Studies have found that arterial calcification may set you up for other cardiovascular problems, including high blood pressure, aortic stenosis (where the heart's aortic valve narrows), cardiac hypertrophy (thickening of the heart muscle), and congestive heart failure.

2 TOO MUCH INFLAMMATION

The main culprit in heart disease is inflammation—it's thought to be the root cause. Slight injuries to the vascular wall become inflamed, trapping oxidized cholesterol particles and other nasty compounds. Free radicals create more damage, and inflammatory chemicals create more inflammation. Eventually, connections between cells in the artery walls loosen, making it easier for foreign substances to get stuck there. Before you know it, you've got a "toxic brew" that can form into plaque. In fact, many health professionals now believe that any benefit that statin drugs may have is because they slightly lower inflammation, not because they lower cholesterol. And speaking of inflammation ...



3 SUGAR: FOOD ENEMY NO. 1

Sugar is a far greater danger to your heart than fat. Sugar directly contributes to inflammation in the artery walls, and is the missing link between diabetes, obesity, and heart disease. Sugar—and foods that convert quickly to sugar in the body, such as cereals, breads, pasta, rice, and potatoes—drive up insulin, which tells your body to store fat and raises blood pressure.

High-carb, high-sugar diets also raise triglycerides, a fat found in the bloodstream that's a serious risk factor for heart disease. "When sugar consumption rises, HDL decreases, and triglycerides increase," says Mark Houston, MD, author of *What Your Doctor May Not Tell You About Heart Disease*. The most heart-healthy diets contain very little sugar.

4 SLEEP DOES A HEART GOOD

Sleep is essential for cardiovascular health. Studies show that the risk of a heart attack goes up significantly in those logging fewer than six hours—or, interestingly, more than nine hours—a night. The sweet spot? Seven to eight hours of shut-eye each and every night.



5 STRESS MATTERS

Seriously. Emotional stress produces hormones and biochemical activity that contributes to inflammation. In some cases, stress can precipitate a heart attack or cause sudden death, even in the absence of any clear risk factors and in the presence of relatively healthy arteries. Stress weakens the immune system while raising blood pressure and heart rate. “The mind and body are not separate entities, but rather different aspects of a single unit,” says Houston.



Your Best Cardio Workout

The basic idea is to do something that elevates your heart rate, so that the heart muscle becomes progressively stronger and doesn't have to work as hard to pump blood and keep your body alive. Walking at a leisurely pace on a treadmill, while texting or reading, isn't going to get great results.

Depending on your preference, these are some ways to challenge your body and gradually improve your cardiovascular fitness:

- ♥ On a treadmill, stair climber, elliptical, or stationary bike, set the speed, resistance, or incline to be challenging, and gradually increase these. As you get more fit, the same settings become easier and need to be adjusted to elevate your heart rate.
- ♥ Incline, resistance, and speed work different muscles, so vary these.
- ♥ Outdoors, walking, jogging, running, or biking different routes will keep things interesting. Hills will add intensity.
- ♥ To add variety and introduce bursts of higher intensity, try adding jumping jacks or burpees: squat with hands on the ground in front of you, jump to extend your legs straight behind you, jump back to a squat, stand up, jump straight up, and repeat.
- ♥ For easy-to-follow videos of different cardio workouts that require no equipment, indoors or out, check out the Sworkit app (sworkit.com).
- ♥ Spotify, the popular music app, developed Spotify Running to stream music matched to your taste and running tempo. Check it out at spotify.com/running.

6 MORE OMEGA-3s, PLEASE

Omega-3s are your heart's best friend. They're the “parent molecules” for many of the anti-inflammatory chemicals your body makes, while omega-6s (vegetable oils) are the parent molecules for our inflammatory chemicals. These anti- and pro-inflammatory chemicals are called thromboxanes, leukotrienes, and prostaglandins. We actually need both omega-3s and omega-6s, but we need them to be in balance. A 1:1 ratio is ideal, but typical American diets are stacked 16:1 in favor of pro-inflammatory omega-6s, meaning that we're “funding” our inflammatory army far more than our “anti-inflammatory” army.

Omega-3s are found in a variety of foods. The best sources include fish, grass-fed meat, flaxseeds/flaxseed oil, walnuts, seaweed, hemp seeds, chia seeds, and soybeans. Studies show that people who eat fish at least twice a week have a 30 percent lower risk of cardiovascular disease than those who rarely eat fish. Look for low-mercury varieties such as wild-caught or Pacific salmon, sardines, anchovies, rainbow trout, and haddock. To find a list of sustainable seafood where you live, visit Seafoodwatch.com—they have a great “Consumer Guides” section, which includes information on the best/worst seafood choices.

7 TESTING, TESTING

Get the right tests. Besides the cholesterol particle test, several other tests can give you useful information about your risk for heart disease. Chief among them is the HS-CRP test (high sensitivity C-reactive protein), a measure of inflammation in the body. CRP is a potent predictor of future cardiovascular health—high levels are associated with infections, high blood sugar, and excess weight. Houston likes to see a CRP reading of under 2, while *The Great Cholesterol Myth* coauthor, Stephen Sinatra, MD, goes even further. He likes to see a CRP reading of 1.0 or less. The point is, the lower the better.

Homocysteine causes your body to lay down sticky platelets in blood vessels. Some homocysteine is normal, but an excess can affect cardiovascular health. Homocysteine contributes to atherosclerosis (accumulation of plaque in arteries), reduces the flexibility of blood vessels, and slows blood flow. “Too much homocysteine alters the environment inside the arteries and sets the stage for arterial disease,” says Houston. Homocysteine should ideally be under 10 and should not go above 12.

Other tests that give valuable information about artery health include interleukin-6 (an inflammatory compound that stimulates the liver to produce CRP), and a carotid intima medial thickness test (CIMT), which uses ultrasound to measure the thickness of the carotid arteries. “Thickening of the carotid arteries has been shown to be a strong indicator of cardiovascular disease and atherosclerosis,” says Houston.

For an A-to-Z list of tests, go to secondscount.org.



8 YOU ARE WHAT YOU EAT & HOW MUCH YOU MOVE

Diet matters—and so does exercise. Everyone knows that a diet high in vegetables, fruits, nuts, clean protein, monounsaturated fat (olive oil), and omega-3 fats, and low in sugar, is cardioprotective. A study published in *Circulation* that followed 32,000 people from 40 different countries for five years found that subjects with the healthiest diets were 35 percent less likely to die from a repeat heart attack or stroke.

Even something as ordinary as tea can help. Green tea is a great source of substances called catechins that help maintain heart health. And don't forget dark chocolate with a high cocoa content as part of a healthy diet. Flavanols in cocoa have been found to help maintain healthy blood pressure. They also help stimulate the release of nitric oxide, an important molecule involved in supporting healthy arteries. Consume a square or two of dark chocolate a day, or add a handful of cacao nibs to a smoothie.

As far as exercise goes, there's probably no better activity to protect the heart. "Specific kinds of exercise can alter the way genes function and interact with your cells," says Houston. "By triggering the right exercise-gene interactions, you can tamp down inflammation, reduce oxidation, strengthen your cardiovascular system, turn your body into a fat-burning machine, and slow—or even reverse—many aspects of aging." To do this, use a combination of aerobic exercise and strength training. You need both.

The Bottom Line

Heart disease is complicated. Diet, exercise, stress, and genetics all play a part, and any of them can tip the scales into dangerous territory. The best strategy for prevention includes sticking to a diet that contains plenty of antioxidants and omega-3 fats, lowering your intake of sugar, exercising almost every day, and managing your stress effectively.

Oh, and throw out your tobacco. In the Nurses Health Study—the

longest-running epidemiological study of diet and disease ever undertaken—82 percent of cardiovascular events were attributed to lack of adherence to just five factors:

1. Maintaining a healthy weight.
2. Not smoking.
3. Exercising regularly.
4. Consuming alcohol in moderation.
5. Eating a diet high in fruits, vegetables, nuts, and fish.

That's a prescription anyone should be able to follow!

Get in the Om Zone

Studies show that mindfulness meditation, the practice of paying more attention to the present moment, helps lower stress hormones and decreases inflammation in the body. Over time, this leads to more balanced and positive reactions to stressful events.

According to an Indian study, participants who adopted regular meditation and yoga practices for at least 15 days experienced significantly lower resting pulse and blood pressure. This data is especially significant because the window was so brief. The benefits were almost instantaneous.



THE BIG DIFFERENCE

The signs of a heart attack can be different for men and women. Knowing what to look for depending on your gender—and taking action as soon as symptoms appear—just might save your life.

Heart Attack Symptoms in Men

- ♥ Chest tightness, pressure, or heaviness
- ♥ Pain that radiates through the shoulders, neck, or arms, especially the left arm
- ♥ Sudden rapid heartbeat
- ♥ Abdominal discomfort that may feel like indigestion
- ♥ Nausea
- ♥ Sweating

Heart Attack Symptoms in Women

- ♥ Discomfort similar to heartburn in the lower chest
- ♥ Pain in the neck, jaw, or between the shoulder blades
- ♥ Tightness in the left arm
- ♥ Dizziness or lightheadedness
- ♥ Shortness of breath
- ♥ Unexplained feelings of anxiety, fatigue, or weakness—especially with exertion
- ♥ Clammy sweats, heart flutters, or paleness

Be Good to Your Heart

Get Ubiquinol today at
NewQ.com/BNHeart



Save 10% at NewQ today with coupon code **HEART10**

For more information, visit
newq.com/BNheart

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

 **UBIQUINOL**
(you-bik-win-all)



SUPER 8

TOP HEART-SMART SUPPLEMENTS

The following supplements have been shown to support healthy circulation and help maintain healthy arteries, veins, and capillaries.

1 Coenzyme Q10 The heart needs a lot of energy. It never takes a vacation, and beats approximately 86,400 times a day, day after day, year after year. Coenzyme Q10 (CoQ10) literally “recharges” the energy production factories—known as mitochondria—in the cells. It’s needed to generate the “bitcoin” of cellular energy, ATP. The cells use ATP to power everything you do. ATP is needed to pump your blood, burn fat, snore, digest food, dance the rhumba, blink your eyes—every single operation in your body requires ATP, and CoQ10 helps make it.

2 Pantethine Pantethine, the active form of pantothenic acid, is the most important component of CoQ10, and some research supports its use for maintaining healthy cholesterol levels, when taken as part of a healthy diet. Look for products featuring Pantestin, a proprietary form of pantethine that promotes healthy cholesterol levels.

3 Magnesium When taken as part of a healthy diet, magnesium is the ultimate “anti-stress” nutrient. It basically calms things down, “functioning as a kind of relaxer.” It relaxes (dilates) the arteries, which maintains healthy blood pressure and makes it a lot easier for the heart to pump blood. It helps improve sleep, which in turn lowers stress. The mineral also helps support healthy blood sugar levels.

4 Niacin This B vitamin helps maintain healthy cholesterol levels, when used as part of a healthy diet. The only problem with niacin is the dreaded niacin flush, which is why a lot of people don’t take it. Sustained-release niacin was introduced to remedy this problem, but there’s only one problem: it’s not always as effective as regular niacin for cholesterol support.

See
page 11 for
information on
Ubiquinol, a propri-
etary form of CoQ10
that boasts high
absorption
rates.



Hawthorn Berry Tea

Serves 1

*This beautiful tea brew comes from the book *Infuse: Herbal Teas to Cleanse, Nourish, and Heal* by Paula Grainger and Karen Sulliver.*

1 tsp. dried hawthorn berries
½ tsp. dried albizia bark
1¼ cups filtered water
1 tsp. dried or fresh lemon balm
½ tsp. dried wood betony
¼ tsp. dried rosebuds or petals
¼ tsp. dried heartsease
Honey, to taste (optional)

1. Put hawthorn berries and albizia bark in small saucepan with measured water. Heat to nearly boiling, reduce heat, and simmer 5 minutes.
2. Remove pan from heat and immediately add remaining herbs. Cover pan with lid and let steep 10 minutes.
3. Strain into a large mug, and add honey, if desired.

5 D-Ribose

D-ribose is another component of ATP, that cellular energy molecule we talked about earlier. Without D-ribose, you've got no ATP. Without ATP, you've got no energy to do anything, including basic metabolic functions. When the heart is stressed, it can't make enough D-ribose to replace lost energy quickly. D-ribose stores in the body are "tissue-specific"—the heart can't "borrow" D-ribose stores from the liver. It has to have its own stash. Coauthor of *The Great Cholesterol Myth*, cardiologist Stephen Sinatra, MD, recommends 5 grams a day as a starting point for a healthy heart, athletes, and healthy people who engage in strenuous activities.

6 L-Carnitine

L-carnitine is like a shuttle bus that transports fatty acids into the mitochondria—little energy plants within the cells—where those fats can be burned for energy. Because the heart gets 60 percent of its energy from fat, it's very important that the body has enough L-carnitine to shuttle the fatty acids into the heart's muscle cells. A number of studies have shown that L-carnitine helps improve exercise endurance.

7 Vitamin K

Vitamin K actually comes in two "flavors," K₁ and K₂. Most people know of vitamin K because it's involved in clotting, something that's necessary if you're not going to bleed to death from a paper cut! But clotting is a property of vitamin K₁. Vitamin K₂ has a whole different resumé. It's important for the heart, because it helps get calcium into the bones where it belongs, and helps it stay out of the arteries, where it doesn't. Because of its ability to maintain arterial health, vitamin K₂ is a very important supplement for heart health. Vitamin K₂ is found in some foods such as natto, egg yolks, liver, and other organ meats, but some people don't eat enough of those foods to get much of the vitamin from food. Ask your healthcare provider if vitamin K₂ is right for you.

8 Hawthorn

Hawthorn is considered the "heart" herb, and for good reason—it has been shown to support oxygenation and blood flow to the heart, and it's rich in flavonoids for free radical protection. As part of a healthy diet, hawthorn also helps maintain healthy blood pressure levels. You'll find hawthorn in heart health formulas and as a single supplement. Or try it in tea form—the berries have a pleasant, sweet flavor with a hint of tanginess.

CoQ10: YOUR HEART'S BEST FRIEND



CoQ10 has a pretty amazing pedigree—this vitamin-like nutrient helps your body's 70 trillion cells produce energy from the foods you eat—and it plays a special role in heart health

Coenzyme Q10 (CoQ10) is a familiar name on supplement shelves, but many people don't fully understand what it is, what it does, and that it exists in two different forms: ubiquinone (the conventional form) and ubiquinol (the active form).

When you're young, ubiquinol (you-bik-win-all) is the predominant form of CoQ10 in nearly every cell in your body. As you get older, your ability to efficiently produce both CoQ10 and electron-rich ubiquinol declines. This can result in less cellular energy and diminished protection against oxidation, which can lead to cellular damage. CoQ10 levels tend to be low in patients with certain health issues. Statin drugs may also lower CoQ10 levels.

CoQ10 is also found in meat and oily fish, but often in quantities too small to be beneficial. So, supplements are definitely the way to go.

Ubiquinone v. Ubiquinol: An Important Distinction

Conventional CoQ10 (ubiquinone) is not efficiently absorbed by the human body. Ubiquinol (the active form of CoQ10) is different. In published comparative studies, ubiquinol was better absorbed by the body than conventional CoQ10. The amount your body absorbs varies based on

your age and overall health, but studies have consistently shown ubiquinol to be the form of CoQ10 that's easier for your body to use.

This difference makes ubiquinol quite special. When you take a conventional CoQ10 supplement, the body converts it to ubiquinol.

But the process of turning conventional CoQ10 into ubiquinol becomes more difficult and less

You can find detailed research, including clinical studies and scientific materials, at kanekanutrients.com/clinical-research.

efficient as we get older, and especially so after age 40. That's a big reason why many experts encourage adults over 40 who take CoQ10 to use the ubiquinol form.

Science-Backed Benefits of Ubiquinol & CoQ10

HEART HEALTH

Ubiquinol plays a vital role in supplying the cellular energy needed to power the heart.

Research shows that ubiquinol supports heart health in a variety of ways. For example, studies have found that ubiquinol supplementation improves certain blood markers associated with heart health, such as GGT.

In a University of Texas study involving more than 400 patients, taking CoQ10 (75–600 mg daily) supported heart function.

CELLULAR ENERGY

Humans require massive amounts of cellular energy to function at optimum levels. This happens in the mitochondria—the energy-generating components of every cell. Their function is to convert sugars, fats, and proteins into energy. To make this energy, conventional CoQ10 must first be converted to ubiquinol, which then activates 95% of your cellular energy production.

STATIN DRUG SIDE EFFECT

Doctors often prescribe statin medications because they are effective at lowering the unhealthy type of cholesterol. But this class of drugs also inhibits the body's natural production of CoQ10, which can lead to less ubiquinol in the blood. In studies, ubiquinol has been shown to promote healthy CoQ10 levels for people on statin drugs. Ubiquinol also helps maintain cellular mitochondrial health during or after statin use.



CoQ10 & Your Overall Health

In addition to supporting heart health, CoQ10 has been shown to:

- ♥ Promote healthy aging
- ♥ Help to prevent free radical damage
- ♥ Improve quality of life in older women
- ♥ Support arterial health

How Much to Take

The general dosage range for ubiquinol is 100–300 mg, or as directed by your health care practitioner. Always work with your doctor when adding ubiquinol to your regimen.

How to Pick a High-Quality CoQ10 Supplement

With nearly 200 brands of ubiquinol on the market, choosing one may seem overwhelming, especially when product names vary—CoQ10 Ubiquinol, Super Ubiquinol CoQ10, and Ubiquinol QH. Don't let these names confuse you. Just look for the word "ubiquinol" in the Supplement Facts panel. Avoid "ubiquinone," which is the conventional form.

To ensure that you're getting Ubiquinol (made by Kaneka), look for the Kaneka Quality Seal on bottles. Quality ubiquinol supplements contain Kaneka Ubiquinol; however, each brand manufactures their dietary supplement containing ubiquinol differently. For example, some manufacturers use gelatin or beeswax, which may be an issue for vegans or those on kosher diets. Other ingredients, such as soybean oil, may be a concern for people with allergies.

Kaneka makes its ubiquinol in the U.S. and Japan. The manufacturing process is closely monitored to ensure consistency, quality, and safety. The final product, naturally fermented from yeast, is bioidentical to ubiquinol made in the body.

Mixing ubiquinol with oil and encapsulating it in softgel form prevent the nutrient from oxidizing. You can also take ubiquinol with some fat to further enhance absorption.

Note: The statements in this section ("CoQ10: Your Heart's Best Friend") have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease. No information should be interpreted as medical advice.

Do not delay or avoid seeking medical attention because of something you have read here. Consult a licensed physician or other qualified health care professional prior to taking any dietary supplements.

Quick Guide to Ubiquinol & Your Heart

Here's an easy visual way to understand ubiquinol's role in cardiovascular health—and why it's superior to conventional CoQ10. Print and save this page for easy reference!

WHAT IS COQ10 (COENZYME Q10)?

There are many coenzymes in your body. Among the most important is Coenzyme Q10, or CoQ10. This vitamin-like substance is made naturally in the body and plays a critical role in the creation of cellular energy.

IT'S NO SURPRISE, THEN, THAT LOTS OF COQ10 IS FOUND INSIDE THE TISSUE OF ENERGY-DEMANDING ORGANS SUCH AS THE HEART, BRAIN, LIVER AND KIDNEYS. IN FACT, COQ10 EXISTS IN VIRTUALLY ALL OUR CELLS AND TISSUES.

There are two different forms of CoQ10

CONVENTIONAL COQ10 AND UBIQUINOL

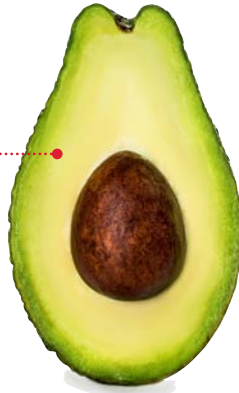


Feed Your Heart

The development of heart disease depends on many factors. Eating a diet high in fruits, vegetables, healthy fats, and fiber may help lower blood cholesterol levels and reduce your risk of heart disease. Here are 7 heart-healthy foods.

Avocado contains heart-healthy monounsaturated fats and antioxidants that support healthy arteries.

What's more, a study published in the journal *Food and Function* found that adding half an avocado to a hamburger reduced post-meal inflammation and halted the nearly 23 percent decrease in blood flow found among those eating a plain hamburger without avocado.



Dark chocolate is packed with flavonoids that help reduce blood pressure, decrease LDL oxidation, and boost endothelial function. A clinical trial in the *British Journal of Nutrition* found that eating just a little more than an ounce of dark chocolate each day improved endothelial function and microcirculation. It also increased basal blood flow volume by 22 percent.

Seeds, especially sunflower and pumpkin, are rich in vitamin E, which has been shown to help prevent clotting and improve blood flow. These super seeds also provide powerful antioxidants that discourage LDL oxidation and protect endothelial tissue from damage, along with assisting in the production of red blood cells.



Coldwater fish offers up a hefty dose of omega-3 fatty acids that can tame systemic inflammation throughout the circulatory system and help prevent blood clots. Pick wild-caught options such as anchovies, herring, salmon, sardines, trout, or tuna, and aim to eat at least three 5-oz. servings per week.

Pomegranate juice may be the breakfast drink of choice for those with poor circulation. During a study of 45 volunteers conducted by the Preventative Medicine Research Institute and California Pacific Medical Center in San Francisco, this tart juice was found to increase blood flow 17 percent in just 90 days. The study also showed that blood flow actually decreased 18 percent among the volunteers drinking a placebo beverage. Another tart juice, cranberry, contains antioxidants that are associated with a reduced risk of heart disease.

In one study, people who drank cranberry juice showed significant improvements in blood flow and arterial stiffness.



Tomatoes are a rich source of lycopene—a natural antioxidant linked to healthy circulation. Research shows that these ruby red fruits can help prevent platelet aggregation and blood clots that can lead to thrombosis. To unlock this powerful compound, make sure to cook your tomatoes first.

Walnuts may help you snack your way to healthy circulation. A clinical trial from the University of Barcelona shows that walnuts can help improve artery elasticity and increase blood flow. Unlike other nuts, walnuts are rich in alpha-linolenic acid, as well as the amino acid L-arginine and vitamin E, which researchers say help to improve vascular health.

References: Avocado: *Food Funct.* 2013 Feb 26;4(3):384-91; Dark chocolate: *Br J Nutr.* 2014 Feb;111(4):653-61; Walnuts: *J Am Coll Cardiol.* 2017 Nov 14;70(20):2519-2532; Pomegranate juice: *Am J Cardiol.* 2005 Sep 15;96(6):810-4, and *Evid Based Complement Alternat Med.* 2012; 2012

Eat Your Heart Out!

Show your heart some love with three of our best heart-healthy recipes.



Avocado, Sugar Snap Pea, & Blood Orange Salad

Serves 4

Perfect on its own for a satisfying lunch, or pair with a hearty soup for dinner.

DRESSING

- 1 Tbs. fresh-squeezed orange juice
- 1 Tbs. Champagne vinegar
- 1 tsp. Dijon mustard
- 1 Tbs. blood orange olive oil
- 1 Tbs. safflower oil
- 1 tsp. walnut oil

SALAD

- 2 large Hass avocados, peeled and cut into chunks
- 8 oz. sugar snap peas, cut into 1-inch pieces
- 2 thick slices sweet Vidalia onion, roughly chopped
- 1 cup blood orange segments (or use navel oranges or even grapefruit)
- 8 large Bibb lettuce leaves

1. To make dressing: combine orange juice, vinegar, and mustard in a small jar, and shake to mix. Add oils, and shake well.
2. To make salad: combine avocados, peas, onion, and orange segments. Place two lettuce leaves on each of four plates, and divide avocado mixture among them. Drizzle with dressing, and add salt and pepper to taste.

per serving: 330 cal; 5g pro; 24g total fat (3g sat fat); 30g carb; 0mg chol; 40mg sod; 11g fiber; 16g sugar



Savory Cedar Salmon

Serves 4

Smoky and sweet, this recipe is nothing short of freaky good!

- 3¼ cups fresh apple cider, divided
- ¼ cup apple cider vinegar
- ¼ cup honey (preferably raw, local honey)

- 1 Tbs. Sucanat or palm sugar
- ½ tsp. mustard powder
- 1 20-oz. wild Alaskan salmon fillet

1. Soak 12x6-inch natural cedar grilling plank in 2 cups cider plus enough water to cover completely, 1 hour. While plank is soaking, whisk together remaining cider, vinegar, honey, Sucanat, and mustard powder in small saucepan over medium-high heat. Bring mixture to a boil, stirring often. Reduce heat to simmer, and cook until glaze reaches desired consistency, about 15–20 minutes. Set aside.
2. Preheat grill to 350°F, and sprinkle salmon lightly with salt and pepper. Place plank on grill, cover, and heat 3 minutes. Flip plank, and place fish, skin side down, on plank. Cover grill, and cook 15–20 minutes, until fish is nearly cooked to desired doneness. Do not flip fish during cook time.
3. When fish is nearly done, brush top surface heavily with glaze, and cook 3–4 minutes more, until fish is caramelized and cooked to desired doneness (about 135°F on meat thermometer). Drizzle extra glaze over fish before serving, if desired.

per serving: 286 cal; 28g pro; 5g total fat (1g sat fat); 30g carb; 66mg chol; 81mg sod; <1g fiber; 28g sugar



Cocoa-Nut Truffle Balls

Makes 24 truffles

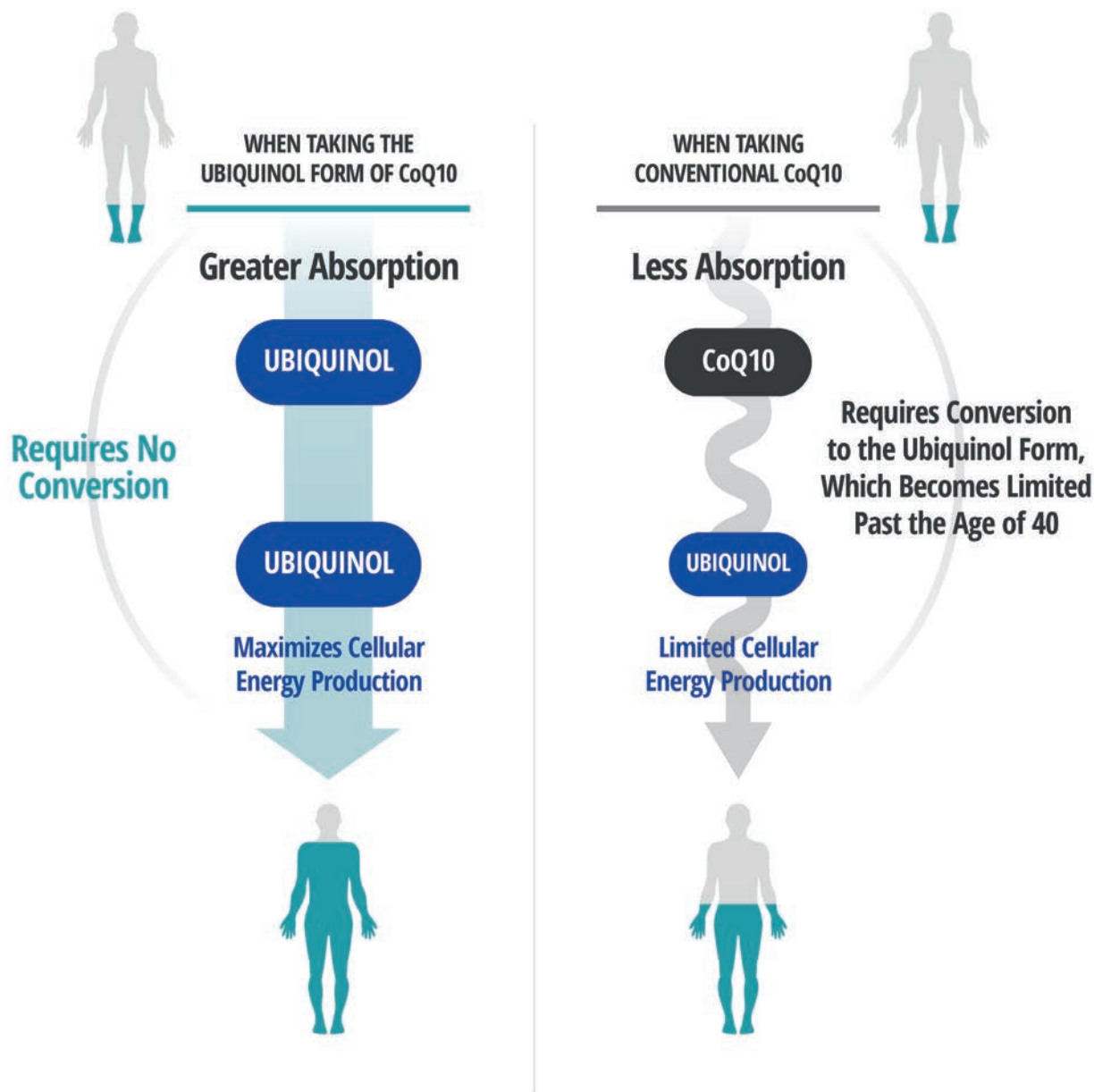
To add variety, you can coat these balls in various toppings. Try lime zest, orange zest, finely ground almonds or walnuts, sesame, sunflower, or pumpkin seeds, finely ground candied ginger, cacao nibs, or even more dried coconut.

- 1 cup raw cashews, soaked for 20 minutes and drained well
- ⅓ cup raw honey (or brown rice syrup)
- Scant ½ cup raw cacao powder (or scant ⅓ cup high-quality cocoa powder)
- ½ tsp. vanilla extract
- Pinch salt
- ¾ cup dried coconut (unsweetened)

1. Combine cashews and rice syrup in food processor, and process until smooth. Add cacao, vanilla, and salt, and process until smooth. Add coconut, and process or pulse until well-incorporated. Taste, and adjust seasonings.
2. Rest batter in freezer 20 minutes. Remove and form into 1-inch balls, rolling each truffle thoroughly in coating, if desired. Store truffles in refrigerator.

per serving: 89 cal; 2g pro; 5g total fat (3g sat fat); 8g carb; 0mg chol; 19mg sod; 2g fiber; 3g sugar

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