

September 12, 2016

## 8 Foods That Could Help Unclog Your Arteries

Cardiovascular diseases are actually a plaque buildup that can lead to gradual clogging of the arteries. Statistically, an average of 2,000 Americans die of this disease, making it a number one killer-disease in the world!

The cardiovascular system is one of the most important body systems you should maintain, and repair its health. The clogging of the arteries becomes progressive and can be usually caused by a diet, genetics or a sedentary lifestyle. This condition is not impossible to treat, and we have here listed 8 delicious foods that will help you in your preventing and repairing of the damage.

### 1. Garlic

Nutritionists prefer to call it a super-food, despite not having the best taste, the garlic not only protects your cardiovascular health, but it is also helpful in the treatment of infections, viruses and even cancer!

It has been confirmed by scientists that if you consume 4,000 mcg of allicin (contained in 1-4 garlic cloves a day) you will decrease the systolic blood pressure on your cholesterol, lower both of the diastolics, and prevent the forming of the blood clots. This creamy zinger garlic spread or pumpkin seed and garlic pasta will give you the required daily dose of cloves.

### 2. Turmeric

The primary polyphenol found in turmeric curcumin, has proven to be efficient in the reduction of the fatty deposits in the arteries by 26%! We are hoping that this is the right way to add this brightly colored and tasty Indian spice to your diet.

### 3. Pomegranate

Few of the latest studies have shown that this delicious fruit can clean the opening of the arteries, stimulating the nitric oxide production in the blood and reducing the blood pressure.

This amazing cashew citrus cream cake with pomegranates is an excellent way to add more pomegranates to your menu!

### 4. Cinnamon

The cinnamon challenge is probably responsible for the negative attention of the spice, despite having many amazing health properties, if consumed wisely. If you want to reduce the cholesterol levels take a tablespoon of cinnamon daily and you will, receive a healthy dose of antioxidants. You can make the vegan cinnamon rolls that will make you healthier and happier.

### 5. Chia Seeds

The chia seeds have been used by ancient cultures for long time, mostly because they are a solid source of hydration and energy. The alpha-linoleic and fiber acid found in chia seeds regulate the blood pressure, lower the triglycerides, and regulate the cholesterol by increasing the good, and decreasing the bad cholesterol levels. Chia seeds are not only healthy for the heart, but also versatile and delicious!

### 6. Tomatoes

An antioxidant found in the lighter and greener varieties of tomatoes is lycopene, it is the antioxidant that gives their rich red color. You should boost the increase of the lycopene intake and reduce the oxidation of bad cholesterol which causes atherosclerosis. This is not all! You can receive the required dose of lycopene with warming eggplant and tomato stew. Tomatoes are also important for the bone health!

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## **7. Apples**

The apples can slow the progression of the artery clogging and will lower the cholesterol. A group of researchers from the Ohio State University found that an apple a day can help you reduce the hardening of the arteries by 40%.

From these facts we can see that the saying “an apple a day keeps the doctor away” is actually true! You should have some of the grilled apple pie with vanilla coconut whipped cream and get the necessary daily dose of pectin.

## **8. Greens**

Leafy greens are rich in anti-oxidizing vitamins. They prevent the oxidization of cholesterol, which leads to the formation of plaque in the arteries. The greens also contain potassium, folate, and fiber, and are efficient in the treatment of high blood pressure.

The homocysteine levels can be lowered to a single serving of folate-rich leafy greens a day. If you consume more spinach or chard, this will decrease the risk of cardiovascular diseases. Green smoothies are the perfect way to consume more greens. You can try this delicious green smoothie or adjust the ingredients tilll you find your favorite!