

Heart healthy eating

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Heart healthy eating is first and foremost on the prevention list and, as the saying goes, an ounce of prevention is worth a pound of cure. Heart healthy eating basically means eating things that are natural nuts, berries, fruits and vegetables and eschewing the pre-packaged, over-processed snacks that predominate in American cupboards. Get rid of those Twinkies, Ho-hos and Doritos, or theyll put you in the ground once all is said and done.

Its a logical thing, heart healthy eating, if you really think of it. Humans have evolved over eons to process the energy of the sun. We process it by consuming plants that themselves process the energy of the sun on a more basic level. Its simple science: Weve evolved to break down the nutrients in natural foods, and we can process those nutrients more efficiently and more effectively than anything weve yet created in a lab. More of this article can be found at iHealthCareWeekly.com.

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