



Nutritional Support for Cardiovascular Health

- **Low carbohydrate, low glycaemic load diets** are beneficial for cardiovascular health to improve blood glucose control, insulin sensitivity and lipid profile, and helps to reduce weight and BP.¹
- Low carbohydrate diets are effective for weight loss and help to increase HDL cholesterol, while reducing triglycerides (TGs).²
- **High intake of vegetables** provides plenty of fibre, which has been shown to have positive effects on weight, BP, and lipids.³
- Include **plenty of dietary antioxidants** from **brightly-coloured fruit and vegetables**, (including berries, pomegranates, beetroot, tomatoes, carrots, radish, peppers) green tea, green leafy vegetables, garlic
- Ensure a **varied diet** to ensure good intake of **key nutrients** to support cardiovascular function including B vitamins, magnesium, calcium, potassium, and vitamin K. Offal, green leafy vegetables, and nuts and seeds are good sources of all of these.
- **Optimise methylation** to prevent excess homocysteine production. Provide good sources of folate (offal, green leafy and cruciferous vegetables, pulses), B12 (meat, fish, eggs), choline (soft boiled eggs, lecithin), B6 (seafood, meat), B2 and magnesium, plus protein for methionine. Supplement with a baseline level of methylated B vitamins if necessary. These nutrients also help lower homocysteine, associated with CVD.⁴
- **Maintain good blood glucose balance.** Eat regular meals, balanced with protein, healthy fats, and plenty of vegetables and fibre. Avoid snacking in most cases. Once established on a lower glycaemic load diet intermittent fasting may also be considered as an effective strategy to improve cellular responsiveness to insulin,⁵ reduce weight, inflammation, lipid levels, and BP.⁶
- Support blood glucose balance with therapeutic levels of chromium,⁷ B3,⁸ manganese,⁹ magnesium,¹⁰ and alpha lipoic acid.¹¹



- Don't be scared of **dietary fats**, as long as they are good quality, not damaged by excess heat or processing and in moderate quantities. Make sure you buy grass fed and organic meat, where possible, and aim for wild fish over farmed fish. Include avocados, nuts, and seeds for a mixture of mono- and polyunsaturated fats. Avoid all sources of trans fats like margarine and baked, processed products.

- Do a mixture of weight bearing and cardio **exercise** regularly. Exercise has numerous positive effects on cardiovascular health, including stress reduction, improvements in circulation, improved cholesterol levels, improved insulin sensitivity, weight reduction, and reduction in BP,¹³ reduction in blood viscosity, prevention of vascular and valvular calcification, increased NO production. Exercise also mobilises GLUT4 receptors increasing glucose uptake by skeletal muscle.¹²
- Manage **stress** through relaxation techniques, meditation, yoga, regular walks in nature, socialising, finding new hobbies, even having a pet. There are also different Apps which can be helpful, and very effective if used on a regular basis such as HeartMath, Calm and Headspace. Stress reduction and relaxation techniques, such as yoga, can further help to reduce BP, however the extent of such effects is mixed in research. Such techniques should be used in combination for best results.¹⁴



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