10 Things You Can Do Today to Prevent/Reverse Heart Disease

1. Get moving
   Incorporate aerobic (cardiovascular), strength, flexibility, balance and coordination into your exercise routine; the bottom line is to stay active.

2. Participate in a Community
   You enjoy – family, friends, church, volunteer, workplace, book club, exercise group, etc.

3. Know your numbers
   Cholesterol, LDL, HDL, Triglycerides, Fasting Glucose, and in some cases hs-CRP, Vitamin D, Vitamin B12, insulin levels, HbA1c, and Coronary Calcium Score. Normal Blood pressure is 130/80 or less. Normal BMI is 20 – 25.

4. Eat Plant Strong
   Eat greens, beans, vibrant colors (fruits and vegetables), whole grains, nuts and seeds. Walk away from the Standard American Diet (SAD) and toward a whole-food, plant-based diet.

5. Read labels
   Including both the Nutrition Facts and the Ingredient Lists.

   Plant-Strong Cookbooks: Happy Herbivore, Plant Pure Nation, Prevent and Reverse Heart Disease Cookbook

6. Get 7-8 hours of restful sleep every night.

7. Spend quality time alone and pursue peacefulness
   15-30 minutes daily, removing yourself from life stressors. Don’t sweat the small stuff. Learn and practice the Relaxation Response (Herbert Benson, MD) and learn to avoid the Fight or Flight Stress response.

   Examples: meditating, reading, T’ai Chi, yoga, exercising, music, Heart-Math (biofeedback)

8. Don’t smoke and avoid second-hand smoke

9. Turn off the TV

10. Create your own Program
    The bigger the investment, the bigger the return