

6 Artery-Cleansing Foods For A Healthy Heart



Our heart is basically a pump. If it gets clogged, it doesn't work as efficiently, eventually causing it to break down. Whilst parts of your water boiler can be easily replaced, the same can't be said for your heart, which needs constant maintenance to stay healthy. Fortunately, our body is well-adapted to do that itself. We just need to give it a fighting chance.

Although heart disease has many causes, the most common is arterial hardening, which is caused by fatty deposits in our blood vessels. If untreated, it can lead to:

- ▶ hypertension,
- ▶ loss of circulation, and
- ▶ even cardiac arrest, as sections of the heart become starved of blood.

Here's six foods that can clean out your arteries, and keep deadly heart disease at bay.

1. Omega-3 fatty acids

Found in many oily fish, nuts and seeds, omega-3 fatty acids are essential for your cognitive health, as well as promoting a strong heart. Besides increasing the amount of HDL (A.K.A good) cholesterol, which helps reduce the "bad" kind, omega-3's prevent blood clotting and inflammation, which can both contribute to clogged arteries. Good dietary sources are fish, walnuts, chia seeds and cod liver oil capsules.

2. Garlic

Although garlic isn't great for your breath, and therefore inadvisable before a date, it releases a compound called allicin when crushed and digested, which can lower your risk of heart disease significantly. Allicin interferes with the production of cholesterol, as well as slowing the oxidation of LDL. Combined, this is the perfect recipe for clean and healthy arteries.

3. Pomegranate

Known for being fiddly to eat, this seedy fruit is rich in antioxidants called phytochemicals, which protect your arterial walls from damage. It also increases the production of nitric oxide, which despite sounding scary, actually helps dilate vessels and improves blood flow, reducing the risk of clots and fatty build-up.



4. Niacin

Also known as vitamin B3, niacin is commonly found in chicken, organ meats and leafy greens, which is instrumental in cardiovascular health. It

- ▶ increases your levels of HDL cholesterol, and
- ▶ removes the dangerous low-density versions, by transporting it to the liver for removal.

5. Turmeric

This exotic spice can really add some punch to your meals. However, its benefits don't stop there. Turmeric is one of nature's most potent anti-inflammatories, due a compound called curcumin. This not only reduces arterial inflammation, but also fatty deposits known as plaque, by as much as 26%! That's pretty impressive for a pinch of spice.



6. Vitamin C

Citrus fruits and many vegetables are excellent sources of vitamin C, which are necessary for healthy connective tissues. Besides keeping your arteries maintained, vitamin C boosts your immunity, reducing inflammation and the risk of plaque. In fact, eating just one orange daily can reduce blood pressure significantly.



Information gathered from The British Heart Foundation website <https://www.bhf.org.uk/>