

Natural Medical Solutions Wellness Center



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*February is Heart Health
Month*

in this issue:



- Foods that are heart healthy
- Facts about heart disease



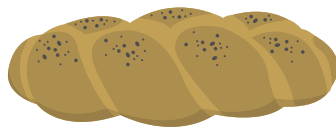
Heart Healthy Foods

1. Leafy Green Vegetables

- a. Contain many vitamins (including K, which promotes blood clotting), minerals, and antioxidants.



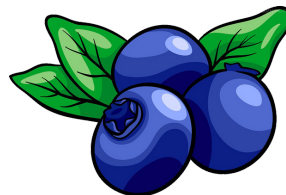
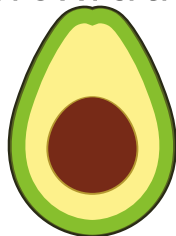
2. Whole Grains



- a. Fiber helps lower bad cholesterol.

3. Berries

- a. Rich in antioxidants that help reduce stress on the heart.



4. Avocados

- a. Excellent source of monounsaturated fat, Has been linked to lower heart disease risk and is also rich in potassium.



5. Tomatoes

- a. Loaded with lycopene, an antioxidant. Also increases good cholesterol.

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5 FACTS ABOUT HEART DISEASE

1

Heart disease is the leading cause of death for men and women in the United States.

2

1 in every 4 deaths in the United States is due to cardiovascular disease.

3

In the United States, someone has a heart attack ever 40 seconds.

4

People who smoke are 2-4x more likely to develop heart disease.

5

Heart disease is also the leading cause of death among MOST racial and ethnic groups across all ages.

Content source: National Center for Chronic Disease Prevention and Health Promotion , Division for Heart Disease and Stroke Prevention

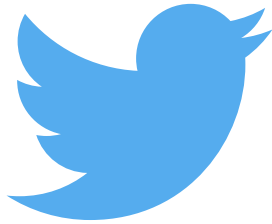
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