

TAKE IT TO HEART – MAKE SOME SMART CHOICES

Did you know? Heart disease is the world's no 1 killer!

According to the World Health Organisation (WHO), 41% of all deaths worldwide are due to heart disease.

“If I had first concentrated on heart disease prevention, rather than on saving the lives of 150 people, I could have saved the lives of 150 million people” - **Professor Christiaan Barnard**

WHAT CAUSES HEART DISEASE?

Heart disease is caused by one or more of the following contributing factors.

Non-modifiable Risk Factors:

Even though the following heart disease risk factors cannot be changed by lifestyle and dietary interventions, we need to know about them to know when to take extra care of our health or to seek advice.

Non-modifiable Risk Factors

- **Heredity:** Children of parents with heart disease are more likely to suffer with it due to a genetic tendency to cardiovascular problems. Therefore, in cases where there is a blood-related family history of heart disease, you need to take extra care.
- **Age:** Cardiovascular Risk increases with age, therefore routine medical check ups are recommended from the age of 40.
- **Gender:** Heart disease risk is greater in men than women and men suffer with heart attacks earlier in life than women.
- **Diabetes mellitus** – diabetes as a disease also increases the risk of heart disease, as a complication of uncontrolled diabetes.

Modifiable Risk Factors:

The following risk factors may be reduced or eliminated by making lifestyle and dietary changes:

Modifiable Risk Factors	Recommendations
<ul style="list-style-type: none"> • Smoking - smoking increases the risk of a heart attack by 2-4 times. • Dietary Factors: <ul style="list-style-type: none"> • Inadequate nutrition – vitamin and mineral deficiencies are known to increase heart disease risk. • Too much salt – this may increase blood pressure • High intake of saturated fat and cholesterol: this may increase overall heart disease risk and cholesterol levels • High intake of alcohol – too much alcohol may increase blood pressure and may increase the risk of a stroke. • Lack of exercise - an inactive lifestyle is a risk factor for coronary heart disease. • Obesity – carrying excess body fat increases heart disease risk. • Stress – a stressful lifestyle can increase the risk of a heart attack. 	<ul style="list-style-type: none"> • Quit smoking • Follow a healthy balanced diet. <ul style="list-style-type: none"> • Optimise nutritional intake by taking a multivitamin and mineral formulation. Natrodale HeartSmart is a balanced multivitamin and mineral formula enriched with heart support nutrients. • Restrict salt intake • Avoid foods that are rich in saturated fat, cholesterol and trans-fatty acids • Avoid alcohol in cases of high blood pressure. Restrict alcohol intake to 1-2 glasses of red wine per day. • 30 minutes, 3 times per week is the minimum exercise required to maintain good health. • Weight loss as a result of a healthy exercise and diet program can reduce high blood pressure, high cholesterol and overall heart disease risk. • Stress management strategies include regular exercise, meditation, taking time out for relaxing activities such as listening to music, gardening, watching the sunset, playing with your pets or engaging in fun activities with your children.



Natrodale Neptune Krill Oil

Natrodale Neptune Krill oil is distinctive from other fish oils in that it contains a synergetic blend of three powerful nutrients; Omega 3 fatty acids, phospholipids, and potent antioxidants. NKO is harvested from pristine Antarctic waters using a patented cold vacuum process to ensure that the bioactive properties remain intact.

- Lowers bad cholesterol (LDL) 32%
- Raises good cholesterol (HDL) 44%
- Eases Joint Pain
- Eases pain associated with PMS



References: 1. Bunea B, et al. Alternative Medicine Review 2004; 9(4): 420-428. 2. Sampalis F, et al. Alternative Medicine Review 2003; 8(2): 171-179. 3. Deutsch L Journal of the American College of Nutrition 2007; 26(1): 39-48

Natrodale, Lavender Lane, Kuilsriver, 7580, Cape Town, South Africa / Consumer Helpline (021) 906 0668 / www.natrodale.co.za or email natrodale@vhf.co.za

Restore your balance, naturally

*Guidelines for a Healthy Balanced Diet:

INCLUDE:



- **Fruits and vegetables:** Eat at least 5 portions of fresh fruits and vegetables per day. Ensure that you include at least one portion from each of the red (lycopene), yellow (carotene) and green (lutein) vegetable groups.
- **Water:** Drink 5-8 glasses of water per day
- **Fibre rich foods:** Soluble fibre foods: oats, oat bran, pulses, fruits and vegetables. Insoluble fibre foods: whole-wheat bread, brown rice, wheat bran.
- **Low fat dairy foods:** Fat free yoghurt, fat free cottage cheese and other reduced fat cheeses.
- **Healthy fats:** Include small quantities of foods rich in Omega 3, Omega 6 and Omega 9 fatty acids such as nuts, seeds, avocado, fatty fish (salmon, sardines, mackerel, etc.), olive oil, canola oil and cold pressed sunflower oil.
- **Cholesterol lowering foods:** Oat bran, oats, green tea, red wine, garlic, salmon and other oily fish, fresh vegetables, olive oil, avocado, nuts and seeds.
- **Low fat protein foods:** Pulses (lentils and beans), fish, skinless chicken and lean red meats such as ostrich, venison, and lean beef. 2-4 eggs per week are allowed.

LIMIT INTAKE:



- **Refined carbohydrate foods:** white bread, savoury biscuits, pastries, sugar, sweetened foods, biscuits, sweets, sweetened beverages and confectionary.
- **Foods rich in saturated fat, cholesterol and processed fats:** Fatty red meats such as beef, lamb and mutton, bacon and other fatty cuts of pork, processed meats such as salami, poloni and sausages, meat pies, liver and other organ meats, full cream dairy such as full cream cheese, cream, cream cheese, full cream milk, condensed milk, ice cream, egg yolks, deep fried foods.
- **Salt:** Salt added to food, soy sauce, stock cubes, soup powders, sauces, dressings, olives, feta cheese, pickled foods, crisps and savoury biscuits.
- **Processed foods:** Many processed foods contain added salt, sugar and fat. Avoid tinned vegetables, pre-packed meals, savoury snacks and fast foods such as pizzas, hamburgers and chips.

*For a personalized diet plan, to suit your individual needs, consult a registered dietitian.

Healthy Meal Plan Ideas:

Meal	Food Options
Breakfast Ideas	Unbaked, unsweetened Muesli with fruit salad and fat free yoghurt or Whole-wheat toast with avocado or Oat porridge with low fat milk and a teaspoon of honey or sliced banana
Snack	Fresh fruit
Lunch	Whole-wheat sandwich with tomato, lettuce and grilled chicken or Baked potato with cottage cheese and fresh salad or Salad with boiled egg, avocado and pumpkin seeds.
Snack	Fresh fruit
Supper	Grilled fish with mashed sweet potato and fresh salad or Grilled chicken with brown rice and steamed vegetables or Chicken & vegetable stir-fry with whole-wheat pasta



Omega 3 Complex

Natrodale Omega 3 Complex is a concentrated salmon oil blend of three Omega 3 long chain fatty acids, Docosahexaenoic acid (DHA), Eicosapentaenoic acid (EPA) and Docosapentaenoic acid (DPA). The cholesterol lowering health benefits of DHA and EPA are well documented. DPA may reduce the risk of coronary heart disease as it has been shown to reduce the risk of atherosclerosis, and reduce the risk of peripheral arterial disease in smokers. Natrodale Omega 3 Complex combines the power of three Omega 3 essential fatty acids for a healthy cardiovascular system.

- With DHA, EPA and DPA
- Omega 3's for a healthy heart



All Natrodale Essential Fatty Acids are tested safe from heavy metals and pesticides.



All Natrodale products are manufactured according to the strict international Good Manufacturing Practice standards.

References: 1. Kanayasu T, et al. Atherosclerosis 1998; p87. 2. Horrobin D, et al. Arteriosclerosis and Thrombosis, 1994, (14) p471. 3. Simon JA, et al. American Journal of Epidemiology, 1995, (142) p469

Natrodale products are manufactured according to International Pharmaceutical Good Manufacturing Practice (GMP) quality standards.

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