Checklist to a Healthy Heart
Want to Improve the Health of Your Heart
Congratulations! You’ve checked off a very important step! Wanting to make an improvement is the most important factor we see in our patients who successfully find optimal health.

Optimize Your Food Intake
Don’t worry, you do not need to go overboard, but you do want to keep an eye on what you put into your body. The more health-conscious your decisions about what you eat, the happier your heart will do. Watch out for hidden sugar, saturated fats and simple carbs like white flour, add more multi-colored vegetables to your meals and replace red meat with fish and poultry in several meals each week.

Keep on Moving
Our bodies want and need exercise to achieve optimal vitality and performance of all kinds. Ideally, we should be getting at least 30 minutes of exercise, six days a week. Many of our jobs require us to sit for long periods of time. Break up that time and move around. Even just walking briskly is powerful heart medicine. Your body will thank you.

Be a Butt Kicker
Quit smoking cigarettes. Whether you are smoking or getting secondhand smoke, it’s bad for your heart, which in turn is bad for everything else.

Monitor Your Body
You want to check your blood pressure on a regular basis to make sure you are at a healthy level. To monitor your cholesterol, ask for a full heart panel that gives you a breakdown of all your lipids, including your HDL (good cholesterol) and your LDL (bad cholesterol) as well as the fractionated LDL including Lipoprotein(a) and advanced inflammation markers (hs CRP and myeloperoxidase). This will help you monitor disease risk and your progress towards optimal vitality.