

[IMAGE]

Nuts About Good Health

When it comes to taking care of your heart, it is as simple as eating nuts. Many people will be surprised to know that nuts are essential to a healthy diet and for those seeking to protect their cardiovascular system. Nuts, such as walnuts, almonds and hazelnuts have been proven to not only help you have a stronger heart, but also lower your overall cholesterol when eaten as part of a balanced diet.

How are nuts good for you?

Nuts contain unsaturated fatty acids and other nutrients. Research has shown that people who eat nuts as part of a heart-healthy diet can lower their LDL, low-density lipoprotein or "bad," cholesterol level in their blood. High LDL is one of the primary causes of heart disease.

Eating nuts reduces your risk of developing blood clots that can cause a fatal heart attack. Nuts also improve the health of the lining of your arteries. The great part about incorporating more nuts into your diet is that it can be fast and simple. They are the ideal snack food.

Need some more convincing? Nuts also contain Omega-3 fatty acids, fiber, vitamin E and plant sterols. All of these also play a role in protecting your heart from heart disease and heart attacks.

Talk to your chiropractor about the different ways you can start to incorporate nuts into your diet.

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