

[IMAGE]

Berry, Berry Good for Your Heart

By Editorial Staff

Blueberries don't just taste great; they're great for your heart. With heart disease currently the No. 1 cause of death in the U.S. (nearly 25 percent of all deaths), it's gratifying to know doing something as simple as eating a fruit could reduce your risk.

How do blueberries help your heart? Several mechanisms may be responsible. First, blueberries are high in antioxidants that help reduce low-density lipoprotein ("bad") cholesterol. LDL buildup on artery walls contributes to cardiovascular disease and stroke. Second, these antioxidants also help neutralize free radicals - harmful byproducts of metabolism that can raise the risk of cancer and other diseases. Third, research suggests blueberry consumption may increase production of galactosaminoglycans, a specific molecule on blood vessel walls that appears to make them more resistant to oxidative stress. The less stress, the more protection against cardiovascular disease.

These aren't the only reasons blueberries promote heart health, and it's important to note that other berries provide similar benefits. One thing is sure: including berries in your daily diet is an essential component of anti-aging, anti-disease health and wellness nutrition!

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