



Your heart pumps blood through the veins and arteries to all parts of your body.

Keep the plumbing in your heart and artery system clean and flowing!

What causes heart disease?

- Coronary heart disease (vessels crowning the heart) kills 375,000 Americans annually and is our biggest killer.¹
- Fatty deposits in the walls of your arteries clog your circulatory system, cutting off oxygen to the heart, damaging it with a heart attack.
- Eating animal products like meat, dairy and eggs put heart disease causing fats in your blood vessels.
- Meat also contains bacteria that can trigger inflammation² which can cause a pimple in your arteries to break and block blood flow to the heart.
- Only animal products have fats, such as cholesterol, and bacteria that can block blood flow causing heart damage resulting in angina (heart pain), heart attack, and often sudden death.

The solution is a
Whole Food Plant-
Based Lifestyle

Additional Heart Healthy defaults

Use the Daily Dozen, view your Nutritionfacts.org daily videos, check the recipe sites for meal planning, and add these additional heart healthy default steps:

- Prepare most meals at home.
- Shop mainly in the produce section of the market.
- Skip processed foods: If it is a plant buy it, if it is made in a plant, don't.
- If you buy packaged food read Nutrition Facts labels:
 - Fat should be 20% of calories.
 - Fiber to calories. 1:5 or more.
 - Salt to calories 1:1 or less.
- Have a bowl of cut fruit for snacks in the refrigerator.
- Have a container of water or tea at your desk for hydration.
- Try foreign restaurant veggie options (Mexican, Thai, Indian).
- Order steamed veggies when eating out.
- Use stairs instead of elevators where possible.
- Buy a bike and use it instead of a car where possible.

References

1. Mozaffarian D, Benjamin EJ, Go AS, et al. 2015.
2. Erridge C. 2011.
3. Esselstyn CB. 2007. Ornish D. 1998.
4. Campbell TC. 2005.
5. Greger M, Stone G. 2015.

Appell Nutrition Consulting

527 Woodland Road

Kentfield, CA 94904

Phone: 415-308-9565

Email: alappell@gmail.com



**PREVENT
HEART DISEASE
WITH A
WHOLE FOOD
PLANT-BASED
LIFESTYLE**



What is a Whole Food Plant-Based Lifestyle? It is a diet of whole grains, vegetables, fruit, and nuts.

Where do you get your protein?

Eating animals is an unnecessary intermediary that is oftentimes unhealthy. There is ample protein in beans and other plants but eating meat may result in excess protein that overworks the kidneys.

Elephants, buffalo, and our cousin gorillas have great strength and strong hearts eating only plants.

Only plant-based food provides ample antioxidants and any fiber.

Oxidation is the rusting breakdown of the body and heart that contributes to aging and disease. Antioxidants in plants work against oxidation. Fiber helps the intestinal system provide nutrients for the heart.

“Let food be thy medicine and medicine be thy food.” — Hippocrates, father of medicine, 431 B.C.

Reverse Heart Disease

Not only can heart disease be prevented before it begins, but it can be reversed. In studies those with heart disease were able to clear their arteries by switching to plants.³ In the famous China Study no heart disease was found among plant eating populations.⁴

Track plant-based foods you eat with Michael Greger MD’s Daily Dozen

A convenient free way to have a plant based lifestyle is to download a free App to your cell phone: Dr. Greger’s Daily Dozen.⁵ The types of food recommended daily are: beans, berries, other fruit, cruciferous vegetables, greens, other vegetables, flaxseeds, nuts, spices, whole grains, beverages and exercise. This list provides the ingredients of a heart healthy lifestyle. However a heart-healthy lifestyle is also a lung healthy, brain healthy,



A world of delicious plant-based foods awaits you.

and bone healthy lifestyle. It also fights cancer, diabetes, high blood pressure, and even the common cold by strengthening the immune system.

Nutritionfacts.org for your Nutrition Questions.

For a wealth of free nutrition information and a free subscription to receive free daily videos on health topics, Nutritionfacts.org is an outstanding source. The purpose of the site is to read and analyze all published research in English and make it available free to you.

Free plant-based recipes online.

StraightUpFood.com is an excellent source of delicious foods prepared by Cathy Fisher.

ForksOverKnives.com offers excellent recipes and cooking classes.

21DayKickstart.org is a free three week program by the nonprofit Physicians’ Committee for Responsible Medicine that will step you through a Whole Foods Plant-Based lifestyle change.