The Whole Heart Solution,
Halt heart disease now with the best alternative and Traditional medicine
Notes from Book by Joel K. Kahn, MD

**Nutrition Rx**

Best diet for optimal heart health is a low-fat, plant based, vegan diet. Starting at our mouth, the GI system (Gastro-Intestine system) is a long tube and the cells that line it are supposed to be tightly bound one to another to keep undesirable wastes out of blood stream. Healthy food vessels are flexible, and widen to accommodate increased blood flow. Foods such as fruits (particularly pomegranates or Anar, and grapes) and vegetables (particularly green leafy vegetables and beets), cacao chocolate, fish oil, teas and soy all help arteries relax, driving down blood pressure and making it easier for the heart to pump blood. Other foods (especially those rich in sodium, and certain type of fat) cause blood vessels to stiffen.

**GI System**
Trillions of bacteria live here, in our GI tracts. By feeding on partially digested food, bacteria help to break down fiber and food. As they do so, they produce many beneficial byproducts, including health promoting fatty acids and vitamins. Eat heart healthy plant-based foods, especially organic ones, and you will nourish health promoting bacteria that emit byproducts that turn inflammation, neutralize toxins, and nourish cells and tissues. Eat heart-harming foods rich in chemicals, sugars, and other toxins, however, you feed the bad guys. As these harmful bugs munch on the remnants of your lunch, they emit poisons and toxins including endotoxin. When this toxin gets into the bloodstream, inflammation goes up.
Continually over eat the wrong type of processed and animal- based junk foods and triglyceride levels remain elevated and stuff your muscle cells full of fat globules. Over time, this makes harder for your body to control blood sugar and it also flames inflammation, such people are more likely to develop heart disease and stroke. Certain foods act like medicine for your blood vessels. Healthy blood vessels are flexible, and widen to accommodate increased blood flow. Foods such as Fruits (particularly pomegranates and grapes) and vegetables (particularly green leafy vegetables and beets), cacao chocolate, fish oil, teas, and soy all help heart arteries relax, driving down blood pressure and making it easier for the heart to pump blood.

**Eat leafy green to lower BP all day long:** Nitrates are class of drugs used to treat angina, or chest pain. They work by dilating the blood vessels and allowing more oxygen-rich blood to reach the heart. Most people experience relief of chest pressure or shortness of breath within five minutes.

Some foods contain a chemical similar to what is found in those prescription nitrates and almost as effective. While not a substitute for medications, arugula (Arugula is a vegetable with green leaves that are used in salads. [mainly US] regional, note: in BRIT, usually use rocket ...a small salad of arugula and chopped ), lettuce सलाद, rhubarb रबरबएक प्रकार का फल, rhubarb, rhododendron, lavender, knapweed, Dolu (Hindi) Reevandaciinii in hindi, रेवतचीनी, beets, pine nuts, kale (करमसाग , एक प्रकार की गोभी ), cabbage गोभी, पतागोभी, करमकला, fennel सफ and spinach — पालक, bok choy (a variety of Chinese cabbage having pale-green stalks and dark-green leaves), rich source of nitrates, a form of nitrogen that they absorb from the soil. When we eat these foods, enzymes and bacteria in our mouths convert these nitrates into nitrites. In stomach it converts to nitric oxide. It makes arteries resist contraction, plaque and
blood coagulation, so strokes and heart attacks cannot occur. It keeps arteries healthy, open and free of clots

**Fill up on Salad:** Large Salad bowl and eat many times a day,

Heart healthy dressing includes two tablespoon balsamic vinegar+ 1 tsp lemon juice+1 tsp of cayenne pepper, freshly ground black pepper, turmeric, and oregano +1 tsp Dijon mustard+2 tsp pomegranate juice. Salad: 4 cups chopped kale leaves2 cups chopped arugula+1/2 cup halved cherry tomatoes+1/2 cup pine nut and sesame seeds+1 ripe avocado, peeled, sliced into big size chunks

**Add Green to everything:** It includes soups, sandwiches, smoothies

**Eat more vegetables:** In addition to greens, many other vegetables are rich in nitrates, especially celery and beets

**Add Spices to everything:** Many herbs and spices are medicine for the body e.g. Garlic, Turmeric, Ginger, Cinnamon (daalchini), Coriander (dhania)

**Buy Organic:** to avoid negative effect of fertilizers, pesticides

**Drink more Tea:** green, black and oolong teas help reduce heart disease. Drink unsweetened tea may jazz it up with lemon, lime, mint or orange

**Give up Soda, wean off fruit juice, too**

**Go Vegen:** One of the side benefits of foregoing meat, fish, dairy and eggs is you will automatically end up on fruits and veggies

**Skip Processes foods:** The foods that you find inside a box, bag or plastic container.

Sugar: The American Heart Association recommends that no one consume more than 100 calories (or 7 tea spoons) per day, skip Soft
drinks. Small bottle of soda say 200 ml contains 16 tea-spoon of sugar. High fructose corn-syrup or glucose spikes in blood harmful LDL, triglycerides etc contributes to clogging of arteries and heart disease.

**Skip Plastic, high Sodium products and Genetically modified ingredients. Temporarily take a break from dairy and wheat say for four weeks**