

CARDIOVASCULAR SUPPORT

- Notice the foods that contribute to gas and bloating. As you have sensitivities, keep a mental note of what exacerbates these symptoms and make the necessary adjustments.
- Eat in a timely manner, as outlined by the Road Map Chart. Honor your blood type preferred foods, as best you can.
- In order to support healthy bowel function, increase your fibre by using ground seeds, pumpkin puree, squash or magnesium. Drink adequate amounts of water (2-3 litres per day).
- Increasing fibre and ensuring daily bowel function can regulate blood pressure. Choose supportive foods and supplements.

With cardiovascular concerns:

Avoid	Favor
Cold foods and drinks, carbonated beverages/water	Warm, well-cooked, easy to digest vegetables including dark leafy greens, squash, other colorful veggies.
High amounts of red meat	Sardines, salmon, mackerel, seaweed
Leftovers, fast foods, packaged foods	Turmeric, cumin, cardamom, mint
Coffee, tea, caffeine, Alcohol	Garlic, Mung beans, radish, horse radish, garlic, onion, leek, scallion, chives, asparagus, celery, celeriac, chlorella, cucumber
Salty and sugary foods	Rice, quinoa, millet in moderation (1/2 cup 2 x per day at most)
Burdock root, Echinacea, Goldenseal, Rhubarb, Senna	Buckwheat, millet, bee pollen
Herbs for Cardiovascular Health	
as per Paul Pitchford in Healing with Whole Foods	
Hawthorne berry, dandelion root, chaparral, peppermint (for heart palpitations and strengthening the heart muscle), cayenne pepper, ginger, yarrow, chamomile, motherwort and valerian. A highly medicinal combination is found in equal parts of yarrow, ginger, Hawthorne berry and valerian.	

By adhering to the principles and recommendations included in this guide, it is expected that you will enjoy a positive shift in the symptoms that you experience. THAT is good news!

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