

# Natural Health Tips

## Antioxidants for Your Heart

**Atherosclerosis, the degenerative change of the arteries caused by fat deposition, is one of the leading causes of death in the US – and in other industrialized nations.**

**When atherosclerosis occurs in a cardiac blood vessel, the result is a heart attack.**

**The main culprit for the fat deposition is the oxygenated LDL floating in the blood. LDL oxygenation is sped up by chemicals, smoke and smoking, and viral and microbial infections.**

**Oxygenation occurs when free radicals are generated and circulate between our cells.**

**Besides trying to avoid the oxygenation-encouraging factors mentioned above, one of the things we can do to lower LDL oxygenation is to consume foods that are rich in anti-oxidants. Anti-oxidants, found in fruits and vegetables, can delay or avoid LDL oxygenation in several ways and are still being researched. It seems the two main types of actions are breaking of the lipid peroxides and scavenging of the free radicals.**

**Primary sources of antioxidants are:**

- **Acai berries**
- **Cranberries**
- **Blueberries**
- **Nuts**
- **Artichokes**
- **Red and black grape skin – hence their presence in red wine**
- **Licorice root**
- **Olive oil**
- **Pomegranates**
- **Onions (outer layers)**