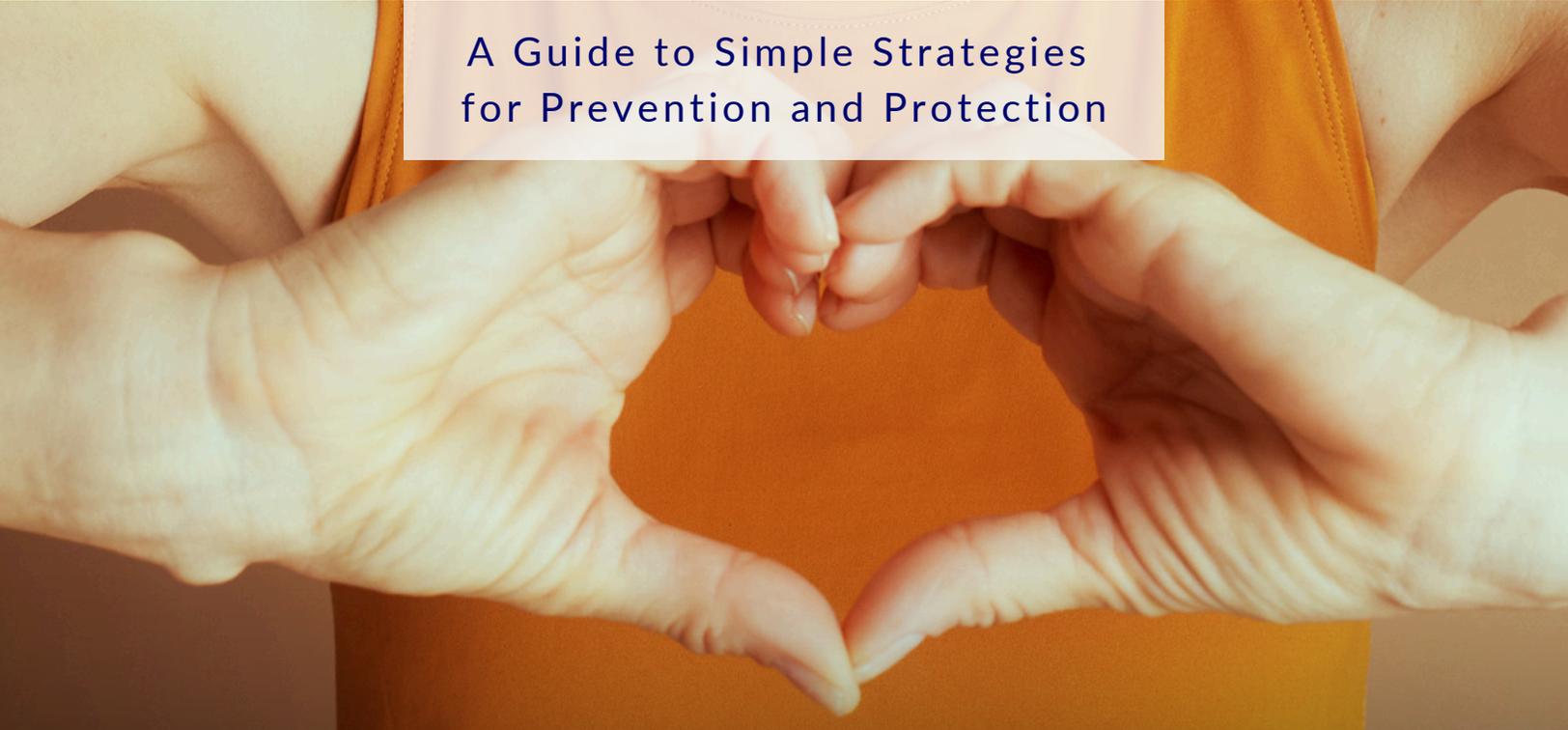




PRACTICAL TIPS FOR A HEALTHY HEART



A Guide to Simple Strategies
for Prevention and Protection



INDEPENDENT[™]
MEDICAL ALLIANCE

Nutrition Foundations

Eat the Rainbow (Polyphenols = Vascular Protection)

Why it matters:

- Polyphenols reduce oxidative stress
- Support endothelial function
- Improve nitric oxide signaling

Top picks:

- Berries
- Leafy greens
- Pomegranate
- Beets
- Extra virgin olive oil



Prioritize Anti-Inflammatory Fats

Why it matters:

- Reduce inflammation
- Improve triglycerides
- Support vascular flexibility

Include:

- Wild salmon, sardines
- Olive oil
- Walnuts
- Chia & flax



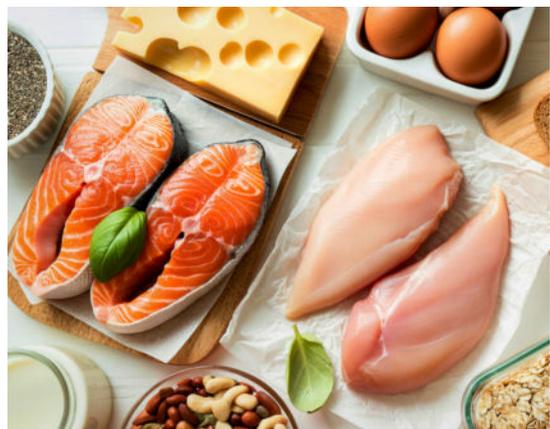
Protein for Muscle = Metabolic Protection

Why it matters:

- Preserves lean muscle
- Improves insulin sensitivity
- Reduces cardiovascular risk long-term

Limit

- Ultra-processed foods
- Refined sugars
- Industrial seed-oil heavy fast foods
- Chronic alcohol use



Targeted Supplements

Individualize based on labs...

Omega-3 (EPA/DHA)

- Lowers triglycerides
- Reduces inflammation
- Supports plaque stability

Magnesium (Glycinate or Taurate)

- Blood pressure support
- Improves vascular tone
- Reduces arrhythmia risk

Vitamin D (With K2 when appropriate)

- Modulates inflammation
- Supports vascular health

CoQ10

- Essential for mitochondrial energy
- Especially important if on statins

Fiber (Psyllium/PHGG)

- Improves LDL
- Supports microbiome
- Lowers cardiometabolic risk



Herbal & Botanical Support

Hawthorn (*Crataegus*)

- Improves coronary circulation
- Mild blood pressure support
- Traditional cardiac tonic

Garlic (*Allium sativum*)

- Supports healthy cholesterol
- Reduces platelet aggregation
- Antimicrobial and vascular benefits

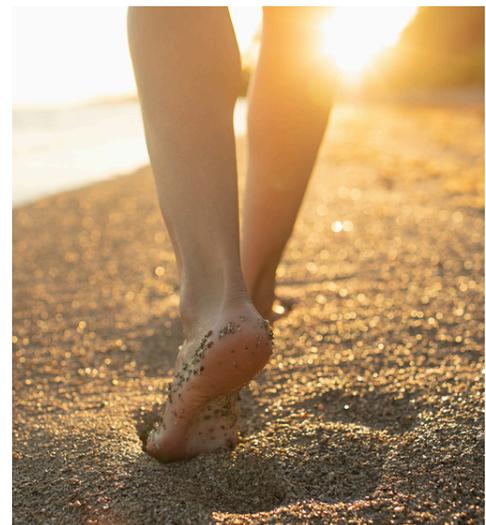
Berberine

- Improves insulin sensitivity
- Supports lipids
- Helpful in metabolic syndrome



Lifestyle

- Resistance training (3x/week minimum)
- Daily walking
- Prioritize sleep (7-9 hrs)
- Stress modulation (breathwork, nature, community)
- Sauna/heat exposure (when appropriate)



Functional Markers to Consider

- ApoB
- Lp(a)
- hs-CRP
- Fasting insulin
- Triglyceride:HDL ratio
- Homocysteine
- Omega-3 index

The Big Picture

Heart disease is rarely a cholesterol problem alone. It is a metabolic, inflammatory, and lifestyle-driven condition. Protecting your heart means protecting your muscle, supporting mitochondrial health, maintaining blood sugar stability, preserving vascular flexibility, and ensuring optimal nutrient status.

Your heart health is shaped by the small choices you make every day. By nourishing your body, staying active, managing stress, and monitoring key markers, you can build a strong foundation for lifelong cardiovascular wellness.

Protecting your heart doesn't require perfection — it requires consistency. Thoughtful daily habits that support metabolism, calm inflammation, and strengthen your body over time can make a profound difference.





Find resources and stay connected:
IMAhealth.org



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