

Vitamins Keep Your Heart Fighting Fit

To keep your heart healthy, you need more than a diet that is low in fat and cholesterol. You need to give your body a boost to keep that heart pumping strong. And that boost is just what vitamins can you. Vitamin E is the first vitamin that pops into the mind of those that are looking to improve their overall heart health. Vitamin E seems to stop cholesterol in the body from oxidizing and harming the arteries surrounding the heart. When cholesterol oxidizes, it's more able to stick to the sides of the arteries and cause buildup and possible blockage that can lead to heart attacks and other infarctions. Doctors recommend an additional dose of Vitamin E. They advise patients to eat foods rich with Vitamin E such as nuts and almonds. Even those patients who have had a heart attack seem to benefit taking vitamin E. It seems the vitamin can be effective at reducing artery blockages, helping to prevent any further heart attacks. To make vitamin E work even better, those concerned about heart disease may want to supplement their diets with vitamin C as well. As an antioxidant, it also helps to prevent the damaging effects of cholesterol, but it is also being shown to aid vitamin E in its healthful effects. When taken together, vitamins E and C are helping to create a healthier heart and artery function. Those who have a history of hearth disease or who are concerned that they might be at risk should consider taking supplements in addition to adding healthier foods to their diet. While the perfect dosage varies from one patient to another, it seems that 400IU (international units) of vitamin E per day is the most effective dose. For vitamin C, patients can take a fair amount a day and still not overdose, but a 500 milligram supplement in the morning and again in the evening is recommended to aid the heart. Many studies have authenticated the benefits of these vitamins. But, if you are on any other medications, you must consult your doctor before taking vitamin supplements, because you might have to make some alterations to avoid adverse reactions. A good, nutritious eating plan is the ideal way to get your daily doses of vitamins. But taking additional supplements is sensible, and recommended and if you're trying to boost your heart health.

About the Author

Submitted by a guest

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