

Get Fatty to Help Your Heart

Do you want to lower your triglycerides? I know I do, you want to help your heart, and I know you do. Would you like to lower your blood pressure as well? Of course, who wouldn't? So many people talk about it. So many people don't take action. You can't think about it for ever, you have to get up and do something about your health. Don't die of a heart attack, die of old age. Stay fit and healthy longer.

The best method to accomplish this is through proper diet and exercise. I am sure you have read this or heard this before, but it is true. One of the first places to start is exercise and diet. Some ways to achieve this may be for you to reduce the amount of sweets that you eat, decrease or stop the amount of alcohol that you drink, and even maintain a normal weight that is right for you. Start eating healthier foods. Try a serving of fish, some vegetables, and a glass of water. Eat these things in place of a burger, fries, and a soft drink. This starts with you. In order to be healthy you have to take action, now.

You could also supplement these activities with Omega-3 Fatty Acids. There has been evidence proving this supplement reduces triglyceride levels in some people. Doses of 2 - 4 grams per day has shown to assist with lowering triglycerides and lowering blood pressure. They have been shown through certain clinical studies to reduce cardiovascular events such as death. Double dip for health!

The American Heart Association even recommends people take anywhere from 1 - 4 grams of Omega-3 Fatty Acids depending on your health. You can check them out at their website for more information specific to their recommendations.

The American Heart Association has plenty of information available about this subject. They list clinical studies and other sources of information that can be used to assist you with Omega-3 supplementation.

The best way for you to get your doses of Omega-3 Fatty Acids is through your diet, but if you can't achieve this you should find a reputable supplement. There are many different brands and research on the net for you to choose from. Find the best for you and supplement if you can't get your daily doses from the food you eat.

Start your healthy lifestyle today.

Always consult a physician before starting a supplementation plan.

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About the Author

Joseph Simcic operates a website dedicated to providing over 3000 health and fitness related products including natural herbal supplements and vitamins. Remember to visit <http://www.bigdaddyshealthspot.com> and sign up for the newsletter today.