

Love your heart, love your life

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Heart is one of the most important and valued organs of the body. It is responsible for pumping the blood throughout the body which carries the oxygen and nutrients to the different cells, tissues and organs. Moreover, it carries the wastes away. Without a beating heart, our body is lifeless.

In order to make the heart remain at its best condition, there are things that should be followed. All of them are under one great rule – stay fit and healthy!

First is to have a well balanced diet. It is a common fact that foods are good sources of energy, vitamins, minerals and other nutrients. These should be taken in to the body to help the cells and tissues of the heart and other organs function really well. However, other nutrients should be taken in moderation. Fats and cholesterol are some of them. These nutrients, if taken in huge amounts, can cause heart problems.

Fats and cholesterol, if not burned up and utilized by the body due to its excessive amount, can be deposited in the blood vessel walls. This will eventually clog the passageways of the blood causing the heart to be too much stressed out pumping. This can be evidenced in having high blood pressures also known as hypertension. The fats that are deposited within the blood vessels can be dislodged due to elevated blood pressure. When these materials go to the brain, the person involved may suffer from a disease called stroke. The heart could be all worn out because of this, and it might go on a heart attack.

Another way to properly address the concern of having a healthy heart is through having a regular exercise. Exercise could help burn out calories, makes you lose weight, and eventually burn up the excess cholesterol and fats. Moreover, it makes your heart muscles gain stamina and strength in doing its activity. Through this way, delivery of oxygen and nutrients can be very well accomplished.

There are studies that show how stress contributes to a rapid piling of numbers of people gaining heart diseases. Stress causes a lot of demands to your heart making it work hard. Too much pressure can cause heart problems evidenced by chest pains, difficulty of breathing, and easy fatigability.

Heart is indeed one of the most important parts of the body. Having it lose its beating capacity, death could knock at your doors right away. So take care of your heart, and live a healthy and longer life.