

How to Prevent Cardiovascular Diseases



- ① We should get into the habit of **keeping good hours**, which is the key to good health. We should get up between 5 a.m. and 7 a.m. while we should go to bed between 9 p.m. and 11 a.m.

If we follow this advice, we will have enough time for the self-adjustment of our bodies.

- ② We should **do more exercises**. For example, we can do some jogging and enjoy fresh air in the morning or go out for a walk after dinner. By doing exercises, we will refresh ourselves and relieve ourselves from stress.



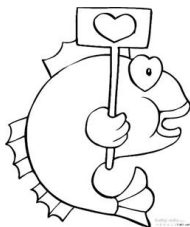
- ③ **Drink more green tea.** Green tea contains a variety of antioxidants, which are associated with a lower risk of cardiovascular diseases.



- ④ **Eat more vegetables.** Daily consumption of vegetables will reduce the risk of heart diseases.



- ⑤ **Eating more fish** is also good for our health. Arginine tonifies the kidney and helps to supplement the tension of vessels, while fishes are abundant in high quality amino acids like methionine, taurine, etc., which are beneficial to improve the flexibility of vessels and reduce blood lipid deposition.



⑥ We should take dietary supplements appropriately in winter. We tend to rest in winter. If we take too much dietary supplements, it will increase the risk of cardiovascular diseases.

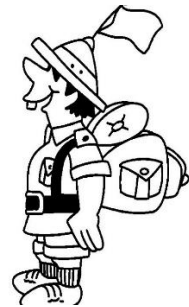


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Daily moderate consumption of wine can prevent cardiovascular diseases because it contains a variety of polyphenols and these could be soften our veins.

⑧ Try new things as often as possible. New things are a kind of extra happiness for us, so after work we should do some new things like photographing, dancing or playing basketball and so on.



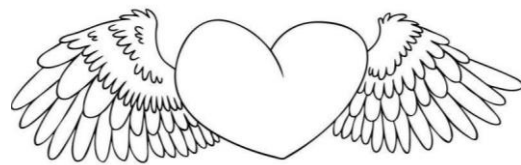
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Meditation can relieve ourselves from stress from daily life and work. We can close our eyes and take a deep breath for five to ten minutes

when faced with stress.

⑩ Richer intellectual pursuits and cultural lives can also increase the life expectancy, raise the life quality and



reduce the risk of heart diseases, which has been suggested in some reports.

- ⑪ Interact with more people. Staying in a close touch with family, friends and community can make us feel less anxious and upset, which will be preventative against heart diseases.

