Reversing Heart Disease Naturally

Dear Center for,

This month’s topic is Reversing Heart Disease Naturally. We hope you enjoy our newsletter!

The NEWSTART Lifestyle Club Team

Prevention & Reversal of Heart Disease I

by Caldwell B. Esselstyn, JR., MD

The most dominant killer of men and women in Western civilization is heart disease. Dr. Caldwell Esselstyn describes this common disease as a foodborne illness.
Watch as he discusses the detailed process of how heart attacks occur and listen as he gives helpful tips on how to make you heart-attack-proof. He also talks about how to reverse your heart disease so that it doesn't go any further. Don't miss this opportunity to gain the tools for fighting off this common killer!

**Featured Article**

Berries as Disease Fighters

by Elizabeth Hall

Harvard researchers followed 100,000 young and middle-aged women for 20 years and found that those who ate more than 3 servings of strawberries or blueberries a week reduced their risk for heart disease by 32%.

Cardiovascular diseases - atherosclerosis, coronary artery disease, vascular dementia, and hypertension - are caused by much more than accumulated cholesterol and fats in arteries. Oxidation, inflammation, sticky platelets, and reduced ability of the blood vessels to dilate all contribute to these disease processes. The flavonoids and other compounds in berries target each of these problems. As antioxidants, they inhibit the oxidation of cholesterol. This is important because oxidized cholesterol triggers inflammation inside the arteries. Not only that, their red, purple, and blue pigments (anthocyanins) help to reduce cholesterol synthesis in the

**Upcoming Events**

February 5, 12, 19, 26
NEWSTART
Hoquiam, WA

February 6, 13, 20, 27
"Built from the food we eat"
Healthy Cooking School
Memphis, TN

February 8, 15, 22, March 1
Church Service and Vegetarian Meal
Middleton, WI

February 9
Sarah's Health/Cooking School
St. John's, NL

February 15
International Food Festival
Mentone, CA

March 2
1st Sunday Lake Mettitt Walk and Vege Breakfast Meetup
Oakland, CA

**Featured Product**

Reversing Heart Disease

1 DVD Set Only $29.95

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body. By inhibiting platelet clumping, they also lower the risk for undesirable clotting and consequently heart attacks and strokes. Plus, the soluble fiber in berries reduces the body's production of cholesterol, decreases its absorption, and removes it from the body.

More articles like this…

Melted "Cheese" Sauce

by Sally Christensen, BA

Ingredients

Instructions

It's hard to believe, but this is a sauce that will remind you of cheese - and without the cholesterol and animal fat to boot! A delicious sauce to be used anywhere you need melted cheese.

1. Process all ingredients in a blender until very smooth.
2. Add remaining water and process.
3. Pour into saucepan and simmer until thickened, stirring frequently.

Yields 2 1/2 cups.

More recipes like this…
Berries as Disease Fighters

If you have (or are at risk for developing) diabetes, hypertension, cancer, or dementia, frequent consumption of berries will improve your health. Here's why.

**Cardiovascular Protection**

Harvard researchers followed 100,000 young and middle-aged women for 20 years and found that those who ate more than 3 servings of strawberries or blueberries a week reduced their risk for heart disease by 32%.11

Cardiovascular diseases—atherosclerosis, coronary artery disease, vascular dementia, and hypertension—are caused by much more than accumulated cholesterol and fats in arteries. Oxidation, inflammation, sticky platelets, and reduced ability of the blood vessels to dilate all contribute to these disease processes. The flavonoids and other compounds in berries target each of these problems. As antioxidants, they inhibit the oxidation of cholesterol. This is important because oxidized cholesterol triggers inflammation inside the arteries.

Not only that, their red, purple, and blue pigments (anthocyanins) help to reduce cholesterol synthesis in the body. By inhibiting platelet clumping, they also lower the risk for undesirable clotting and consequently heart attacks and strokes. Plus, the soluble fiber in berries reduces the body's production of cholesterol, decreases its absorption, and removes it from the body.

**Diabetes Prevention**

During 3,645,585 person-years of follow-up, higher intakes of anthocyanins were significantly associated with a lower risk of type 2 diabetes.12 How?

Berries are low on the glycemic index. The glycemic index measures how fast and how much a food raises blood glucose levels. Since berries rate low on the index, they make an ideal food for individuals who are obese or have either prediabetes or diabetes. Their soluble fiber slows down the absorption of glucose. The polyphenols in blueberries inhibit the enzymes that break down sucrose. Berries also reduce the natural inflammation that occurs after consuming a high fat, high carb diet in overweight individuals.13

Blueberries contain pterostilbene and resveratrol. These phytochemicals...
**Melted “Cheese” Sauce**

http://newstartclub.com/recipe/58

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**Sally Christensen, BA**

Sally Christensen is a retired cooking instructor at the NEWSTART Lifestyle Program. She has been teaching others how to cook healthfully at NEWSTART, Reversing Diabetes seminars, and local community classes for almost 20 years. Sally was a major contributor and editor of the well regarded NEWSTART Lifestyle Cookbook. She has also done cooking shows for television, reaching audiences across the world.

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**Ingredients**

- 2 c. water
- 1/4 c. raw cashews or blanched almonds
- 2 oz. jar pimientos
- 3 Tbsp. Yeast Flakes
- 2 Tbsp. cornstarch
- 1 Tbsp. lemon juice
- 1 1/2 tsp. salt
- 1/2 tsp. onion powder or 1 shallot
- 1/4 tsp. garlic powder

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Tags: **Sauces**, **Diabetic Friendly**, **Oil Free**, **Soy Free**, **Wheat Free**, **American**

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**Related Recipes**

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