

# YOUR HEART-SMART PLAN

HOW TO CARE FOR YOUR HEART TO  
PREVENT STROKE & HEART ATTACKS NATURALLY



Presented by 

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# ASCVD

ATHEROSCLEROTIC    CARDIOVASCULAR    DISEASE

“Cardiovascular diseases are **the number one cause of death globally**, claiming over 17.9 million lives each year.”

World Health Organization





# PDAY STUDIES

## Pathobiological Determinants of Atherosclerosis in Youth

- Focus on understanding the **early development** of atherosclerosis.
- Involve **autopsies of young individuals** to identify early signs of heart disease.



[SOURCE](#)

# KEY FINDINGS

From PDAY studies and other related studies

- Atherosclerosis begins as early as age 15
- Studies suggest that a majority of people will develop some form of atherosclerosis as they age.
- The severity varies greatly based on individual **health factors** and **behaviors**.





# WHAT YOU'LL LEARN



- ➔ THE DEVELOPMENT OF ASCVD
- ➔ KEY FACTORS THAT CONTRIBUTE TO ASCVD
- ➔ HOW TO PREVENT STROKES AND HEART ATTACKS BY USING THE HEART-SMART PLAN



# HOW DOES A STROKE OR HEART ATTACK HAPPEN?



# ASCVD DEVELOPMENT

inflammation  
oxidation  
high blood sugar

oxidized LDL  
triglycerides

foam cells  
calcium deposits  
scar tissue layer

thrombosis  
(cascading blood clot)

Myocardial  
infarction

Atherosclerosis progression

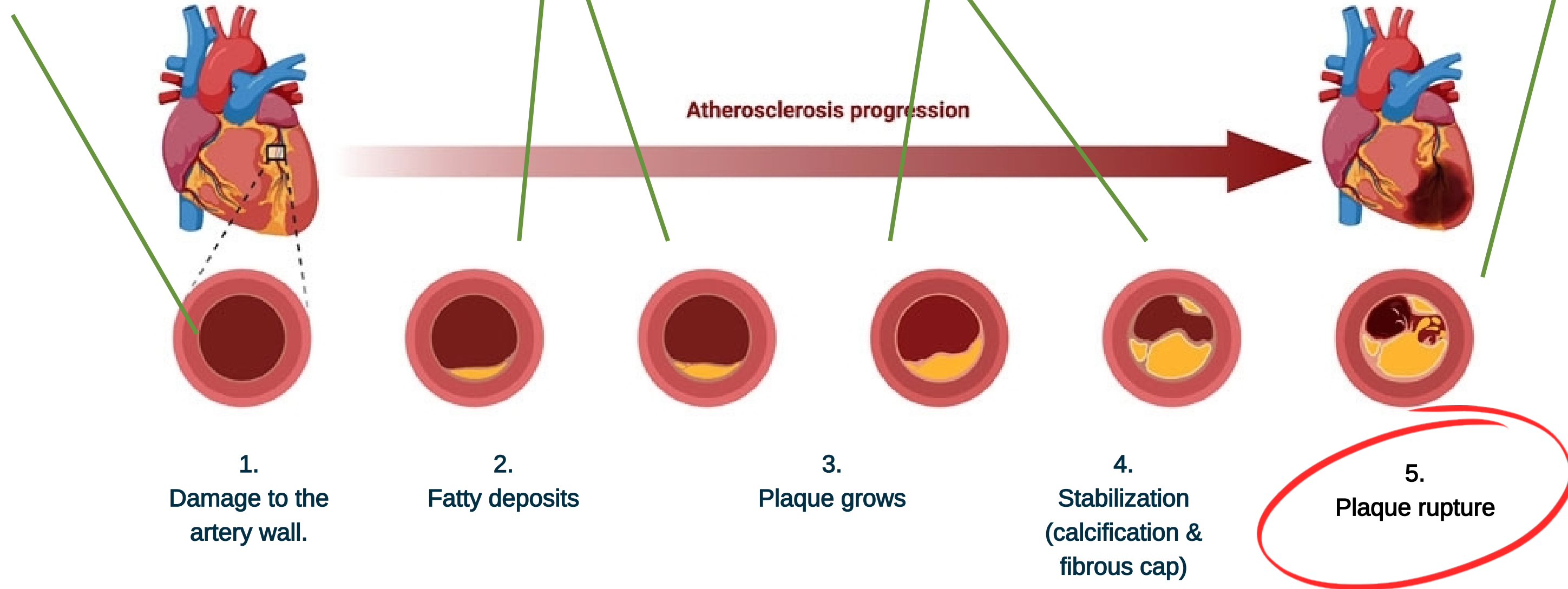
1.  
Damage to the  
artery wall.

2.  
Fatty deposits

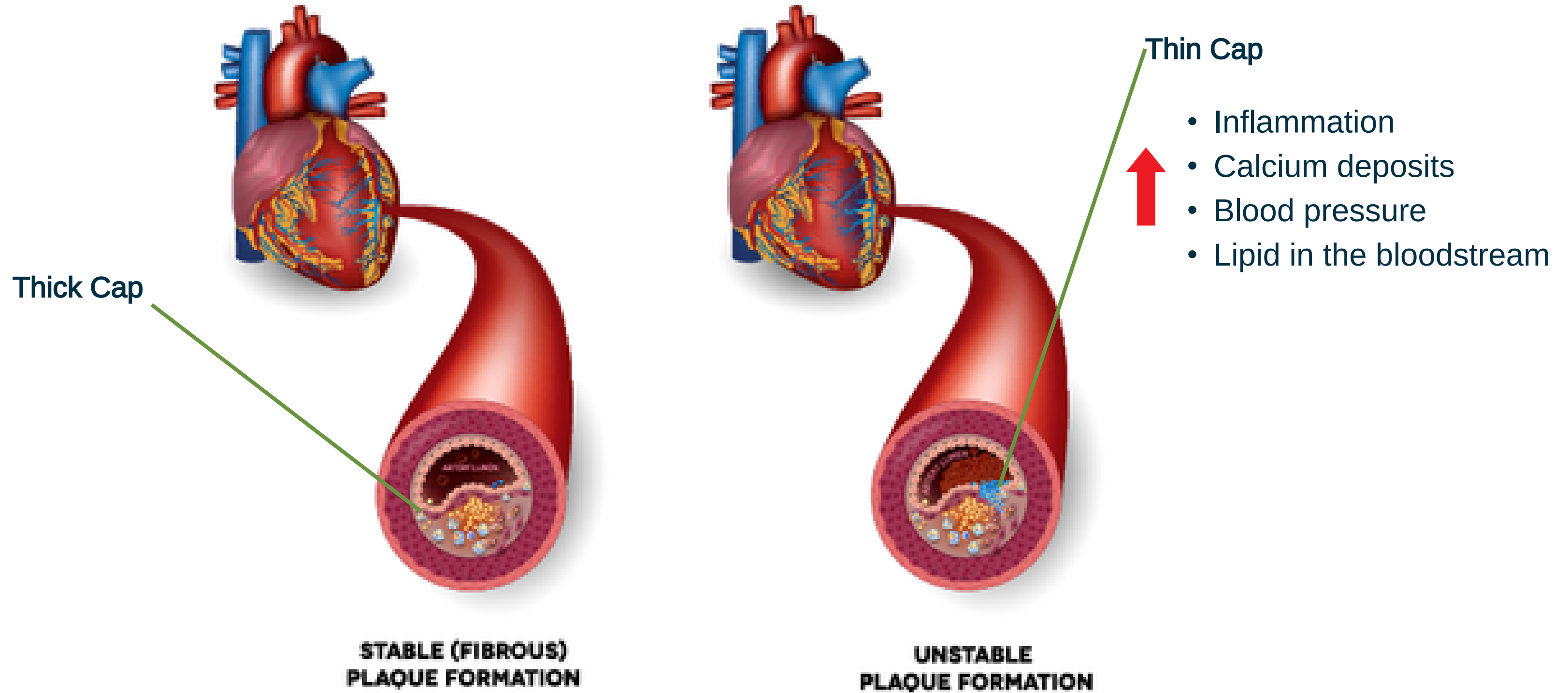
3.  
Plaque grows

4.  
Stabilization  
(calcification &  
fibrous cap)

5.  
Plaque rupture



# STABLE VS. UNSTABLE PLAQUE





# KEY FACTORS FOR PREVENTION



**1. REDUCE INFLAMMATION**



**2. MAINTAIN HEALTHY BLOOD LIPID PROFILE**



**3. MAINTAIN HEALTHY BLOOD PRESSURE**



**4. OPTIMIZE CALCIUM REGULATION**



# CAN YOU REVERSE ASCVD?

"Studies have shown that comprehensive diet and lifestyle changes can lead to the regression of coronary atherosclerosis."

[UCLA Health Literature Review](#)







# YOUR HEART-SMART PLAN



**Disclaimer:** The following recommendations are for educational and informational purposes only. Please consult your healthcare practitioner to determine what is appropriate for your specific health needs and conditions.





# YOUR HEART-SMART DIETARY GUIDE



# GOOD FATS ONLY



## WHY

- ↓ LDL
- ↑ HDL
- ↓ Triglycerides
- ↓ Inflammation

Regulate Blood Pressure

## WHAT

- ✗ Fried Foods
- ✗ Trans Fat
- ✗ Refined Sugar



Avocado

Extra Virgin Olive Oil



**Cold-Water Fatty Fish:**  
Salmon, Mackerel, Sardines, etc.

## DAILY RECOMMENDATION

CHOOSE ONE OR MORE:



1/2 Avocado

2 Tbs Extra Virgin Olive Oil

1 Serving of Fish (100g.)

## High-Temperature Cooking

- Coconut Oil
- Lard
- Ghee



# FIBER HELPER



## WHY

↓ Cholesterol

↓ LDL

Regulate Blood Sugar

## WHAT

Hearty Vegetables

Wholegrains & Legumes

### Fiber Boosters:

- Chia seed
- Oat
- Ground Flaxseed
- Psyllium Husk

## DAILY RECOMMENDATION

CHOOSE ONE OR MORE:

2 cups of Vegetables



### Fiber Boosters:

2 tbs chia seed  
1/2 cup oat  
1 tbs psyllium husk  
1 tbs ground flaxseed

25g.-30g. of Fiber Daily



# ANTIOXIDANTS

FIBER

## WHY

- ↓ Free Radicals
- ↓ Oxidized LDL
- ↓ Inflammation

Maintain Vascular Health

## WHAT

Red



Orange/Yellow



Green



Purple/Blue



White/Brown



## DAILY RECOMMENDATION

1 Cup of Green

+

1 Cup of Vegetables of Any Color

+

A handful of mixed nuts & seeds



Brazil nuts

Almonds

Pumpkin Seeds

Walnuts



# YOUR HEART-SMART DIET CHECKLIST

## GOOD FATS

1

CHOOSE ONE OR MORE:

1/2 Avocado



OR

2 Tbs Extra Virgin Olive Oil



OR

1 Serving of Fish (100g.)



## FIBER

2

CHOOSE ONE OR MORE:

2 Cups of Vegetables



AND/OR

Fiber Boosters:

2 Tbs Chia Seed

1/2 Cup Oat

1 Tbs Psyllium Husk

1 Tbs Ground Flaxseed

## ANTIOXIDANTS

1 Cup of Green



+

1 Cup of Any Color



+

3

A HANDFUL OF NUTS & SEEDS



Brazil nuts

Almonds

Pumpkin Seeds

Walnuts



# YOUR HEART-SMART SUPPLEMENT GUIDE



**Disclaimer:** The supplement recommendations are for educational and informational purposes only. Please consult your healthcare practitioner before starting any new supplements to ensure they are appropriate for you. .

# OMEGA 3



## WHY

↓ Triglycerides

↓ LDL

↓ Inflammation

- Supports healthy blood pressure
- Stabilizes plaque
- Reduce Clotting Risks

## WHAT FORM TO CHOOSE

EPA + DHA

Fish Oil



Cod Liver Oil

Krill Oil



Algal Oil



Omega 3

## DAILY RECOMMENDATION

Total EPA + DHA

= 1000mg daily

**Recommended Ratio:**

EPA:DHA = 2:1



*Triglyceride form (TG) is better absorbed than ethyl-ester form.*



# B COMPLEX

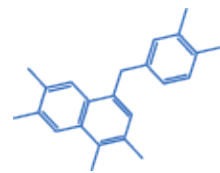


## WHY

↓ Reducing Homocysteine

↓ Lowers Inflammation

➔ Improves glucose metabolism



Supports overall energy  
and metabolism

## WHAT FORM TO CHOOSE

**B6** Pyridoxal-5-Phosphate (P5P)

**B9** Methylfolate (5-MTHF)

**B12** Methylcobalamin

## DAILY RECOMMENDATION

Take 1-2 times daily

(Refer to dosage on packaging)



*B vitamins are water-soluble and don't  
accumulate in the body.*

*Split doses every 3-4 hours for consistent  
replenishment.*



# MAGNESIUM



## WHY

Mg

Balance calcium levels



➡ Regulates blood pressure

➡ Prevents arrhythmias

⬇ Reduces Inflammation

## WHAT FORM TO CHOOSE

✗ Mg Oxide

Mg Citrate - Gentle & Digestive

Mg Malate - Energizing

Mg Glycinate - Relaxing

## DAILY RECOMMENDATION

General Recommended Dose:

400mg daily



• *Divide doses for better absorption  
and to prevent upset stomach.*

• *Evening dose supports relaxation*



# VITAMIN D<sub>3</sub> & K<sub>2</sub>



## WHY

### ➔ Calcium Regulation

#### D3

- Regulates inflammation
- Increases calcium uptake

#### K2

- Guides calcium
- Prevents calcification

## WHAT FORM TO CHOOSE

**D3** - Cholecalciferol

**K2** - MK-7 (longer effects)

Choose soft gels



## DAILY RECOMMENDATION

#### D3

- 1000IU/day to start
- Adjust dose based on test results

#### K2

- 100-120mcg a day

**Take both with a meal.**



# COENZYME Q10



## WHY

- ➔ Cellular energy production
- ➔ Improves heart muscle function
- ↓ Inflammation

*Statins deplete CoQ10 levels.  
Supplementation helps reduce fatigue,  
muscle pain, and supports heart function.*



## WHAT FORM TO CHOOSE

### Ubiquinone:

- Effective
- Good for generally healthy individuals.

### Ubiquinol:

- Active form - Easier to absorb.
- Good for those with illness or absorption issues.

## DAILY RECOMMENDATION

### General Use:

- 100-200mg/day

### Statin User:

- 200mg/day

### Fatigue or Myopathy:

- 400mg/day or higher
- Under healthcare supervision

Choose soft gels





# YOUR HEART-SMART SUPPLEMENTS



## BREAKFAST

Omega-3: 1000mg of EPA+DHA



Coenzyme Q10: 100-400mg

Vitamin B complex (1 capsule)



## LUNCH

Vitamin D3: 1000IU or more

Vitamin k2: 100-120mcg

Magnesium: 200mg



Vitamin B complex (1 capsule)  
optional\*

## DINNER



Magnesium: 200mg



*\* This supplement plan is an example for optimal absorption.  
Consult your healthcare practitioner to tailor it to your needs.\**



# YOUR HEART-SMART LIFESTYLE GUIDE



# REPAIR: INTERMITTENT FASTING



## WHY

### 12 Hours:

- ➔ Improves insulin sensitivity
- ➔ Starts fat burning

### 16 Hours:

- ➔ Cellular repair begins
- ➔ Improves lipid profile
- ↓ Reduces Inflammation

## HOW

### 12 Hours:

7pm - 7am

### 16 Hours:

7pm - 11am  
8pm - 12am



- Start where you are
- Stay hydrated
- Consistency is key



# REBUILD: HEART-STRENGTHENING EXERCISE



## WHY

### Zone 2 Cardio

- ➔ Improves fat metabolism
- ➔ Regulates blood pressure
- ➔ Reduces the heart's workload

### Resistance Training

- ➔ Builds muscle and mobility
- ➔ Support calcium regulation
- ➔ Improves vascular health

## ONE SESSION A DAY:

### 30-45 mins of Zone 2 Cardio

- Brisk Walking
- Swimming
- Cycling

You **MUST** be slightly out of breath while talking!

### 20-30 mins of Resistance Training:

- Dumbbells or Free Weights
- Resistance Machines
- Bodyweight and Bands



# REGENERATE: SLEEP & STRESS MANAGEMENT



## WHY

- ➔ Reduces inflammation
- ➔ Regulates blood pressure
- ➔ Support heart recovery

## TIPS

### Practice 4-7-8 Breathing

1. Inhale - nose - 4 seconds.
2. Hold 7 seconds
3. Exhale - mouth - 8 second.

### Progressive Muscle Relaxation

Tense and relax each muscle group for 5 seconds.

How to shift to  
“Rest & Digest”  
Mode





**AND, REHYDRATE!**

- ✓ **Regulates blood pressure**
- ✓ **Improves detoxification**

# YOUR HEART-SMART PLAN ROADMAP

1

## EVALUATION

### Bloodwork

- LDL, HDL, triglycerides
- Fasting glucose
- Homocysteine, CRP
- Blood pressure

### Health goals (1-10)

- Energy
- Mobility
- etc.

2

## CHANGE

- Supplements
- Lifestyle
- Diet

3

## CONSISTENCY

- Routine
- Habit
- Focus on progress

4

## TRACKING

### Bloodwork

- LDL, HDL, triglycerides
- Fasting glucose
- Homocysteine, CRP
- Blood pressure

### Health goals (1-10)

- Energy
- Mobility
- etc.

Refine and repeat the process



# NOW IT'S YOUR TURN!



*Let's make it happen!*

*Scan the QR code or visit the link to  
access your slides and  
Heart-Smart checklist.*

*Scan Me!*



## HEART-SMART DAILY CHECKLIST



Scan the QR code to get the complete  
recommendation & sign up for updates  
from me here:

DESIGNED BY:  
NAN, JANTAWEE S. CNP, HOLISTIC NUTRITIONIST



☐ GOOD FAT: CHOOSE ONE

1/2 Avocado   2 Tbs Olive Oil   100g. Fatty fish

☐ HAVE 2 CUPS OF VEGGIES

1 cup greens

1 cup other colors

☐ A HANDFUL OF NUTS AND SEEDS

brazil nuts   pumpkin seeds   almonds   walnuts

☐ EXERCISE: CHOOSE ONE

45-60 mins of zone 2 cardio: walking, dancing, etc.

20-30 mins of resistance training.

☐ TAKE DAILY SUPPLEMENTS & MEDS

DATE: \_\_\_\_\_

☐ MY DAILY FASTING TIME IS:

12 hours from: \_\_\_\_ to \_\_\_\_

16 hours from: \_\_\_\_ to \_\_\_\_

MY HEALTH GOALS (NOTE)

Consider:   
• Bloodwork  
(lipid profile,  
inflammation  
markers, etc.)  
• Energy Levels  
• Fitness Goals

<https://tinyurl.com/heart-form>