

# With A Healthy Heart...The Beat Goes On

**T**he heart is one of our most vital organs and it works tirelessly to nourish our cells.

Heart disease however does not happen suddenly; it builds up from years of damage to the muscle and arteries, due to lack of care.

## Hereditary Loads the Gun; Lifestyle Pulls the Trigger

Heart health is one of the biggest concerns worldwide. Heart disease is no longer the domain of the aged or individuals with a strong family history of the disease, it is now rampant among the middle-aged, and has been increasingly observed among the youth.

Diet and lifestyle factors influence blood cholesterol, blood sugar, blood pressure and body weight which are directly associated with the overall risk of cardiovascular disease. Metabolic disorders such as hypercholesterolemia, diabetes, hypertension and obesity which eventually lead to poor heart health are significantly associated with unhealthy diets, lack of physical exercise and health-destructive habits such as smoking, increased alcohol consumption and even the liberal use of recreational drugs – all of which can take a toll on overall health and wellbeing.

A focus on preventing disease and illness rather than treating the symptoms would offer manifold benefits. Adopting a healthy lifestyle and good dietary habits are keys to keep-

ing the heart free of ailments. An active, vibrant lifestyle is the first step to improving cardiovascular fitness. With the addition of effective weight management and good nutrition, cardiac incidences can be prevented.

## Nutrients that Your Heart Will Love

Medical experts advocate a high fibre and antioxidant-rich plant-based diet which incorporates plenty of whole grains, bran, fresh fruit and vegetables as a preventive measure and as a proven solution to alleviating and reversing chronic diseases, alongside regular exercise and getting quality sleep.

As the saying goes, “**You are what you eat**”. Food is often the first line of defense against a range of health problems, and studies suggest that a diet abundant in oats is especially beneficial for preventing the onset of cardiovascular and blood sugar complications, and perhaps more importantly, to effectively manage these disorders in patients with chronic or acute histories of coronary heart disease or Type-2 diabetes.

Oat beta-glucan – a powerful polysaccharide and soluble fibre found in the outer layers of the grain (oat bran) – has been proven clinically to confer exceptional heart-healthy and cholesterol-lowering benefits while protecting the digestive tract and slowing down the absorption of sugars from food.

## The Key to Better Health

For the minority of heart patients specifically those in the midst of heart attacks, stents or coronary artery bypass may be lifesaving. For the rest, none of the present therapies target the cause – the **LIFESTYLE**.

Start your prevention program today by adopting a healthy lifestyle and incorporating functional foods like **Biogrow Oat BG22™** into your daily diet. **Biogrow Oat BG22™** is made of oat bran powder imported from Sweden, boasting a beta-glucan content of 20 percent. Subject to a sophisticated processing technology that ensures the product maintains its highest molecular weight, consumers of **Biogrow Oat BG22™** will enjoy its optimal viscosity and absorption benefits as well as improved vitality, better heart health and most importantly, lowered cholesterol levels. Say yes to enhance wellbeing today and say yes to **Biogrow Oat BG22™** – your companion in life and health.



Message by Yayasan Jantung Malaysia  
(The Heart Foundation of Malaysia):



Take 3g of beta-glucan (soluble fiber) from oats daily, as part of your low fat and low cholesterol diet to help **Reduce Cholesterol**.