

HEART DISEASE IS THE NO. 1 KILLER OF WOMEN IN AMERICA

Heart disease kills more women than *all forms of cancer combined*. One in three women will die of heart disease this year. That's one woman every minute.

One thing you can do to prevent heart disease is eat a healthy diet full of fruit, vegetables, and low-cholesterol foods. What better way to celebrate National Heart Health Month than to take care of your heart and try on a plant-based diet? Here are four good reasons.

- ♥ **Decreased access to meat causes decreased rates of heart disease.** During WWII, the Germans confiscated all cows and pigs in Norway and heart disease dropped by astonishing rates. They came back up after hostilities ended and animal proteins were reintroduced.
- ♥ **There is almost zero instance of heart disease among people who eat plant-based diets.** An intensive study of 880 million Chinese in the 1970s showed irrefutably that people who eat nearest to a 100% plant-based diet have the least amount of heart disease. In fact, almost none. Thirty years later, the wide-spread availability of American fast foods in China has brought with it the wide-spread incidence of heart disease, as well as diabetes and cancer.
- ♥ **Cells that prevent heart attacks are killed by meat-based diets.** The cells that line blood vessels (endothelial cells) normally produce nitrous oxide, which keeps blood flowing, keeps inflammation down, and inhibits the production of plaque. Plaque is made of cholesterol, which the body manufactures but we also consume in meat and dairy products. Plaque buildup is rough, and when blood cells hit it, they release clotting factor. Clotting factor is a good thing if you've skinned your knee. Throw some into a blood vessel narrowed by plaque, and you've got a heart attack or a stroke. The Western diet slaughters endothelial cells, but a plant-based diet restores them.
- ♥ **Plant-based diets REVERSE heart disease.** An American physician, Dr. Esselstyn, began a study in the 1970s with twenty-four subjects, all of whom had significant heart disease. Two subjects had failed bypass surgeries and five had been given death sentences. All were treated with a plant-based diet. Of the eighteen who stayed with the study for the full five years, all had complete reversals of their heart disease, and all were still living two decades—twenty years!—later.

Get heart-healthy recipes and more information on the health benefits of a plant-based diet by clicking here: [Blue Moon Vegetarian: Reflections, Recipes, and Advice for a Plant-Based Diet.](#)