

Proven Health, Fitness and Longevity Solutions for the Body and Mind – Part 2

Getting fat is definitely not pretty, but it can also be very dangerous. What is the most "dangerous" fat on our body? The most dangerous and unhealthy place to have excess fat is around the belly and stomach regions. Remember, all your main vital organs are in your upper torso - stomach and chest. When the fat is stored in the stomach, it takes up excess space and creates inflammation, which adds pressure on your arteries. This "irritation" puts you at risk for blocked arteries, which can lead to heart attacks and strokes. This also tends to increase cholesterol levels as well.

Impotence and lowered sex drive could also be a sign of heart disease. When a man (as well as women to a smaller degree) is sexually aroused, his body releases a gas called Nitric Oxide (that gas is internal, not external). This Nitric Oxide, also called N.O., helps dilate and open the arteries in the penis, so extra blood can flow in and one can get an erection. But if little N.O. is being produced, erections are soft or temporary. Now, this Nitric Oxide is present all over the body, especially in muscles - from your biceps, to your heart! Lowered levels of Nitric Oxide is one of the first signs that the heart is having hardened arteries. So, the goal is to keep Nitric Oxide levels normal and optimal.

What day of the week and time of the day do most heart attacks happen? Monday mornings. That's the day you need to be extra careful. Here's why ... You have blood running through your veins and an artery in your heart. When your diet isn't clean, you aren't exercising and not taking correct supplements, your blood will carry more and more plaque through it (this is why you also need to lower cholesterol levels). Well, this plaque starts to build up on the artery walls. Sometimes, this plaque can rupture and crack open, leaving the surface raw and exposed - similar to when you get a cut on your skin. Then, platelets in the blood begin to form a scab over the rupture to try and heal it. But, this can lead to "over scabbing", which can cause a blockage and therefore, heart attack. Now, what does this have to do with Monday mornings? Well, Monday mornings are a time of stress due to change (from relaxing weekend - to stressful early-morning work day). This stress can cause a rupture and eventually "scabs" in the artery, which block the blood flow and then you have the heart attack.

About the Author

For nearly two decades, Dr. Sam Robbins has been passionate about the human body and mind. He believes that a person's mental outlook plays a very important role in their overall health and well-being. His areas of expertise include nutrition, exercise physiology, natural hormone re-balancing of the body and what he refers to as "real world" medical knowledge. He has dramatically changed client's health and mental well-being, allowing them to look and feel years younger. Find out how at <http://www.hfhsolutions.com>.

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