

How to Control Cholesterol and Prevent Heart Conditions with Ayurvedic Lifestyle

Ayurveda lifestyle is a healthy lifestyle, which automatically blocks various diseases and conditions including coronary heart diseases and tons more. Following an Ayurvedic diet and lifestyle regimen can work wonders. All you have to do is follow the directions of [dinacharya](#) and [ritucharya](#) {please provide a link to [dinacharya-ritucharya](#) page and remove this notice}, along with an **Ayurvedic vegetarian diet** {please give a link to Ayurveda diet article}.

The first is to watch your diet. Eat plenty of fresh fruits, vegetables, and dried fruits. A vegetarian diet is recommended for most people. However, if you can't go with vegetarian only, you can take seafood items like tuna, oysters, etc. If you practice yoga, it is best avoiding non-vegetarian food, drinking, and bad habits like smoking. Also drink plenty of water every day. Take optimum quantities of water, as it is the key to normal metabolism. All these are steps to prevent the accumulation of bad cholesterol in your blood.

Ayurveda gives clear guidelines to what to eat, and how to life according to your exact conditions. The most important directions is diet. Equally important is exercise. Majority of people are unhealthy because they forget to exercise. Others are too lazy to exercise. Not exercising your body is the fastest way to inviting all kinds of diseases to your body.

Thus, the first key is to exercise daily. At the least, go brisk walking for 20-30 minutes every morning. The increased physical activity will activate your blood vessels, activates the right hormones and balances your internal bodily functions.

Yoga is the best exercise. It has physical exercise, breathing exercise, and meditation. All these will go well to preventing the accumulation of bad cholesterol in your blood.

Quit smoking. This is one of the best piece of advice you can get. Smoking causes several damages to your body. Each cigarette you smoke dumps your body with hundreds of different chemicals – all harmful to your body.

Avoid fast food. Fast food items prepared with high fat oil is a surefire way to attract more cholesterol into your blood. Cook your food instead. This way, you can avoid the unhealthy oils. You can then use olive oil, sesame oil and coconut oil for cooking. These oils are healthier than corn oil and sunflower oil. Imagine what oil do the fast food joints use.

Eat a lot of fruits and vegetables of different colors. Eat apple, orange, strawberries, almond, walnut, carrot, tomato, etc. Also use spices like turmeric, garlic, ginger, etc. These spices have components that will protect the normal functioning of your circulatory system.

Finally, avoid stress. Mental stress causes physical problems. Always keep your brain active. The presence of family, kids, trees, water bodies, etc give soothing experience to the body. In fact, Ayurveda suggests these external factors too can act as medicine. So, enjoy the outdoors and good company of your family as much as possible.

Those are all keys to keeping your heart protected and away from harm's way.