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## Hawthorn for your Heart

Hawthorn and heart disease. Hawthorn has been used for heart health for many centuries, Hawthorn has been used for its medicinal properties. Heart disease is the number one cause of death in the United States. Hawthorn acts as an antioxidant. Antioxidants protect against oxidative damage. Antioxidants can help prevent or stop the damage caused by oxidants.

Oxidants are produced naturally in your body and they can be found in the environment. Antioxidants can help lower the incidence of diseases such as cardiovascular diseases, certain cancers, and certain neurological diseases.

Hawthorn also has hypotensive properties. Hawthorn decreases high blood pressure by causing the blood vessels in the body to relax with the stimulation of nitrous oxide.

Hawthorn has been known to decrease cholesterol because it inhibits the absorption of dietary cholesterol. Hawthorn has a direct action on the heart cells which results in an increase in coronary flow, an increase in the relaxation of the heart vessels, and antiarrhythmic actions.

Hawthorn has been used for centuries to treat chest pain, high blood pressure, congestive heart failure, and elevated cholesterol. However, not all hawthorn is made equally. It is important to get the leaves and flowers of the Hawthorn shrub.

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**

Sources: Phyllis Robinson MSN, RN