

**What is the Best Way to Reverse Plaque Buildup in Your Arteries?**



**[Click Here to Find Out How You Can Completely Clean Out the Plaque Build-Up in Your Arteries](#)**

### **Reverse Plaque Buildup in Your Arteries - Statins Causes This Deadly Disease (A new study)**

Statins are praised by some medical people as the answer to all [cardiovascular problems](#). Some even want to put it in our tap water.

But a new study published in the *British Journal of Clinical Pharmacology* has given a stern warning about the use of statins.

Apparently, statins users were found to be 38% more likely to develop a specific, extremely dangerous disease; one that can actually cause a [stroke and heart attacks](#) (which statins are supposed to prevent.)

The researchers collected the medical information of 9,535 people who participated in the Rotterdam Study between 1997 and 2012.

The participants had an average age of 64.3, and some of them were on statins at the beginning of the study or started to use it at a later stage.

During the 15 years for which they were observed, it was clear that statin users had a 38 percent greater chance of causing the development of [type-2 diabetes](#) than those who had never taken statins.

After noticing this finding, the scientists went further and investigated the specific metabolic characteristics of their statin takers.

Compared with non-statin takers, they also had higher fasting insulin levels and insulin resistance scores, meaning that even those who had not yet developed full-blown [diabetes](#) were at high risk of it.

[Diabetics](#) are at much higher risk of developing cardiovascular diseases (which is exactly what statins were supposed to protect you from). This may be one of the reasons why [lowering cholesterol](#) with statins has never been shown to reduce the risk of dying from a stroke or heart attack.

**A better approach to reverse plaque buildup in your arteries and tackle cholesterol would be to [cut out this one ingredient that is responsible for ALL cholesterol plaque buildup in your arteries...](#)**

**And if you already suffer type-2 diabetes, [learn how to reverse it in three simple steps...](#)**

### **Reverse Plaque Buildup in Your Arteries - Your Heart and Arteries Protected By These Delicious Berries**

Scientists from *King's College* London have just published a study in the *Archives of Biochemistry and Biophysics* that proves that a delicious type of berries is extremely good for cardiovascular health.

These berries clean your arteries and makes them more flexible, and can therefore [lower blood pressure](#) and counteract [high cholesterol level](#).

You can buy these berries in all supermarkets and they are yummy.

Endothelial cells are the cells that line your blood and lymph vessels on the inside.

When they work well, your blood remains liquid and your blood vessels can contract and expand as necessary, to accommodate blood flow.

However, when they are dysfunctional, your blood has a higher chance of clotting and your [blood pressure](#) would more likely be high because your blood vessels are not as pliable as they should be.

Using ten healthy men between the ages of 18 and 35, the scientists gave the subjects drinks containing 200g, 400g, or no raspberries.

They then tested the subject's blood pressure and the flow-mediated dilation (FMD) of their brachial artery.

FMD indicates how well an artery widens when the blood flow through it increases. It is an important measure of good [heart health](#) as arteries that can widen to accommodate the increased blood flow that [keeps your blood pressure down](#).

The participants showed a clear increase in FMD, an effect that lasted for up to 24 hours after they drank the raspberry drink.

The researchers attributed the effect to a chemical called ellagitannins, a chemical that is native to raspberries.

The reason why they thought this chemical was involved was as they could see a corresponding increase in the urolithin metabolites in their subjects' blood streams.

The bacteria in your intestines produce urolithin metabolites when they break down the ellagitannins in raspberries.

Given the size of the effect on FMD, they concluded that raspberries could reduce our risk of cardiovascular disease by 15%, especially if the effect can be sustained over time.

Other foods rich in ellagitannins include strawberries, pomegranates, and nuts.

**Eating raspberries is great. [But if you really want to reverse plaque buildup in your arteries and get your cholesterol under control, you must cut out this one ingredient \(something that you didn't even know you were consuming\)](#)...**

**And if your blood pressure is too high, [click here to learn 3 easy exercises that bring it down below 120/80 in as little as 9 minutes](#)...**

**Reverse Plaque Buildup in Your Arteries - [High Cholesterol](#) – Avoid This “Healthier” Alternative**

We're all guilty of some bad lifestyle habits from time to time. And when we realize this, we usually try to look for healthier alternatives.

When it comes to your cardiovascular health, this may not always be the idea.

There is a specific bad habit often related to high blood pressure and [cholesterol](#) – however, according to a new study published in the latest edition of the journal *Arteriosclerosis, Thrombosis and Vascular Biology*, the healthy alternative may be no better.

An e-cigarette is an electronic cigarette, a battery-powered device that heats a liquid to generate an aerosol that the user would inhale. It is meant to simulate smoking and thereby wean smokers from their smoking habit.

The liquids they heat are typically made of nicotine, propylene glycol, glycerine, water, and a variety of flavorings.

The authors of the new study were interested in the effects of the heated flavorings on endothelial cells, which are the cells that line your blood vessels.

They tested nine of the most popular flavorings on both donated endothelial cells and on commercially available human aortic endothelial cells in the laboratory and found that all the flavorings had a tendency to harm these cells.

Mint, clove, vanilla, cinnamon, and burnt flavoring caused higher levels of an inflammatory marker, called interleukin-6 (IL-6), and lowered levels of nitric oxide. These two specific changes put us at great risk of heart attack and stroke.

Clove and vanilla increased oxidant stress in the cells.

All nine of these flavorings caused cell death when applied to the cells in high amounts.

Cinnamon, clove, strawberry, banana, and spicy cooling caused cell death, even in low amounts.

Strawberry caused cell death at very low levels.

So, even if e-cigarettes may (or may not) be better than tobacco, you would only be exchanging one bad habit for another.

To get more ideas to reverse plaque buildup in your arteries, watch this video - [\*\*Best Diet For Removing Calcium Deposits & Plaque Buildup From Your Blocked Arteries\*\*](#)

**Now how about if your blood pressure is too high? [Well, do these 3 easy blood pressure exercises to bring it below 120/80 – starting today...](#)**

**And if your cholesterol is too high and want to reverse plaque buildup in your arteries – [discover how cutting out this one ingredient \(which you didn't even know you were consuming\) would normalize high cholesterol in 30 days or less...](#)**

**This post is from the Oxidized Cholesterol Strategy Program. It was created by Scott Davis. Because he once suffered from high cholesterol, so much so that he even had a severe heart attack. This is what essentially led him to finding healthier alternatives to conventional medication. *Oxidized Cholesterol Strategy* is a unique online program that provides you with all the information you need to regain control of your cholesterol levels and health, as a whole.**

**To find out more about this program, go to [How to Reverse Plaque Buildup in Your Arteries.](#)**

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