

Heart-Healthy Living Guide

A companion guide to your Heart & Circulation Bundle

Your Heart & Circulatory System

Your heart beats roughly 100,000 times a day, moving blood through more than 100,000km of blood vessels. Supporting this system isn't only about what you take — it's a combination of daily habits, nourishing food, and the right herbal support working together. This guide pairs with your Heart & Circulation Bundle to give you simple, practical ways to support a healthy heart every day.

Daily Habits for a Healthy Heart

- Move daily — even a brisk 20-30 minute walk supports healthy circulation and heart rate.
- Stay hydrated — good hydration keeps blood flowing smoothly and eases the heart's workload.
- Manage stress — chronic stress raises blood pressure over time; short daily breathing breaks help.
- Prioritise sleep — 7-9 hours supports healthy blood pressure and heart rhythm.
- Limit added salt and processed foods — both are linked to higher blood pressure over time.

Foods That Support Circulation

- Beetroot — naturally rich in nitrates, which support healthy blood flow.
- Leafy greens (spinach, kale) — support healthy blood vessel function.
- Oily fish or flaxseed — omega-3s support healthy circulation and a balanced heart rhythm.
- Garlic and ginger — traditionally used to support healthy circulation.
- Berries — rich in antioxidants that support blood vessel health.

How Your Bundle Supports You

Cardichol combines Hawthorn Berries, Cayenne Pepper, Guggulsterone, Berberine, Coenzyme Q10, Green Tea and Fenugreek — herbs traditionally used to support healthy cholesterol levels and cardiovascular tone.

Circupro combines Horse Chestnut, Butcher's Broom and Centella — herbs traditionally used to support healthy vein tone and circulation, particularly in the legs.

Circuplus combines Skullcap, Hawthorn Berries, Cayenne Pepper, Ginger and Lime Blossoms — traditionally used to help the body increase beneficial HDL cholesterol, support healthy circulation, and help guard against arteriosclerosis, complementing the two capsule formulas above for full daily support.

A Simple 5-Day Heart-Healthy Meal Plan

A gentle starting point — not a strict diet. Swap anything for what you have on hand, keeping meals close to these general shapes: more plants, more colour, less salt and processed food.

Day	Breakfast	Lunch	Dinner
1	Oats with berries & flaxseed	Leafy green salad with grilled fish	Beetroot & lentil soup
2	Smoothie: spinach, banana, oats	Wholegrain wrap, avocado & veg	Grilled chicken, steamed greens
3	Yoghurt, walnuts & fruit	Quinoa bowl with roasted veg	Baked fish, sweet potato, broccoli
4	Whole-grain toast & avocado	Leftover quinoa bowl	Stir-fried veg with garlic & ginger
5	Oats with cinnamon & apple	Big mixed salad, chickpeas	Vegetable curry with brown rice

Tip: pair each meal with a glass of water and, where it fits your routine, your Cardichol, Circupro and Circuplus as directed.

Your Simple Weekly Checklist

Habit	Goal
Movement	5x this week, 20+ minutes
Water	6-8 glasses daily
Sleep	7-9 hours nightly
Bundle	Take Cardichol, Circupro & Circuplus as directed

This guide is for general educational purposes and reflects traditional herbal use. It is not medical advice and does not diagnose, treat, cure or prevent any disease. Please consult your healthcare provider before starting any new supplement, especially if pregnant, nursing, or taking chronic medication.