

SUPPORT FOR CARDIOMETABOLIC HEALTH

HT WELLNESS EDUCATIONAL SERIES

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Cardiometabolic health reflects the connection between heart function, blood vessel integrity, blood sugar regulation, lipid balance, and metabolic efficiency.

Supportive Lifestyle Practices

Strength Training: Supports metabolic efficiency and improves insulin sensitivity.

Sleep: Adequate sleep supports hormonal balance and cardiovascular resilience.

Daily Movement: Consistent physical activity improves circulation and metabolic health.

Inflammation Reduction: Lifestyle choices that lower inflammation support long-term cardiovascular health.

Whole Food Nutritional Support

Nitrate-rich vegetables, Omega-3 foods, Chromium-rich foods, Colorful plant foods.

Protecting metabolic flexibility and vascular health builds long-term resilience.

Small, consistent lifestyle and nutritional choices create long-term impact.

Supplement Brands Mentioned

Standard Process

- Cardio-Plus
- Chromium Complex
- Diaplex

MediHerb

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Premier Research Labs

- Cardio ND

Fullscript

- Thorne CoQ10

