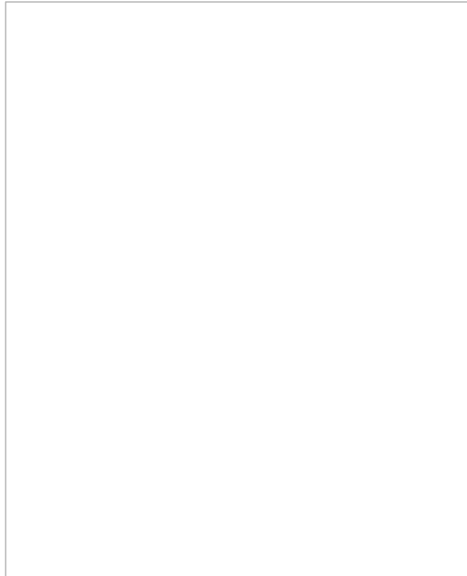


## Reversing the Effects of Heart Disease also Reduces Cancer Risk

Mon, 04/15/2013 - 8:35am -- Saladmaster



Eating and lifestyle choices play a significant role in the risk of developing heart disease, and a simple change is all it takes to successfully mitigate what can become a life-threatening condition if left untreated. The greatest advance in recent understanding of heart disease is the discovery that in many cases, it can usually be prevented and even reversed.

Last month, the American Heart Association released a report stating that cancer risk can be reduced by following their [Life's Simple 7](#) steps for a healthy heart. Part of the association's *My Life Check* campaign, the seven factors for a healthy heart are:

- Being physically active
- Keeping a healthy weight
- Eating a healthy diet
- Maintaining healthy cholesterol levels
- Keeping blood pressure down
- Regulating blood sugar levels
- Not smoking

The benefits of adhering to these seven factors are cumulative, with cancer risk decreasing for each additional factor that is met. By adhering to six or seven of the health factors one can cut their cancer risk in half, compared to participants who met none of the factors.

At a time when heart disease and cancer are the two leading causes of death globally - with heart disease deaths expected to reach 23.3 million and cancer deaths projected to reach 13.1 million by 2030 - it is vital to take a step back and analyze our everyday choices. For example, changing the foods one eats and adhering to a healthy diet [low in total fat](#) intake, dramatically reduces cholesterol levels and the risk for other chronic diseases. Every time cholesterol is reduced by 1%, risk for heart disease is reduced by 2%.

One easy step to begin your path to good nutrition and a healthy lifestyle is to begin preparing your meals in the Saladmaster Healthy Cooking System. The inner layer construction of 316Ti stainless steel provides superior corrosion resistance and therefore protects the quality, purity and flavor of food.

Furthermore, Saladmaster Cookware allows you to cook food without adding water or oil - water drains food of essential natural nutrients while oil adds unwanted fat, which hinders the ability to reduce fat and cholesterol levels and ultimately diminish our risk of heart disease and cancer.

Contact your local Authorized Dealer today to learn more about Saladmaster's Healthy Cooking System!

For further information regarding Saladmaster, please visit [www.saladmaster.com](http://www.saladmaster.com)

*Sources:*

- American Heart Association - Heart-healthy Lifestyle also Reduces Cancer Risk [www.heart.org](http://www.heart.org)
- World Health Organization - Cancer Fact Sheet N°297 [www.who.org](http://www.who.org)
- World Health Organization - Cardiovascular Diseases (CVDs) Fact Sheet N°317 [www.who.org](http://www.who.org)
- PCRM - The Major Killers of Americans: Research and Prevention [www.pcrm.org](http://www.pcrm.org)
- PCRM - Cholesterol and Heart Disease [www.pcrm.org](http://www.pcrm.org)

**Tags:** [Health & Nutrition](#)  
[Tools & Products](#)

---