Heart Healthy Smoothies That Could Benefit AFib Sufferers

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Healthy Smoothie Ideas

What foods are good for the heart and should be included in your smoothies if you have AFib? Here's a list of some of the possibilities; go through the list and mark off which ones would be the best.

- Yogurt.
- Spinach.
- Swiss chard.
- Pumpkin seeds.
- Carrots.
- Tomatoes.
- Parsnips.
- Walnuts.
- Flaxseeds.
- Parsley.
- Ginger.
- Garlic.
- Oranges.
- Lemons.
- Pomegranate.
- Grapefruit.
- Pears.
- Red bananas.
- Coconut.
- Tangerine.
- Kefir milk.
- Kale.
- Dandelion greens.
- Chia seeds.
- Celery.
- Berries.
- Almonds.
- Macadamia nuts.
- Hempseed powder.
- Cilantro.
- Onions.
- Apples.
- Kiwi.
- Limes.
- Figs.
- Melons.
- Bananas.
- Mango.
- Avocado.
- Pineapple.

Here are your answers:

- Yogurt.
- Spinach.
- Swiss chard.
- Oranges.
- Coconut.
- Kefir milk.
- Kale.
- Celery.
- Almonds.
- Melons.
- Bananas.

There are different reasons for each of the foods in the answers. For example, some foods such as yogurt, kefir milk, Swiss chard and spinach contain available calcium that are good for the heart because they could help your heart regulate its beat.

Celery is known by master juicers as one of the vegetables to help arrhythmias of the heart. Oranges, bananas, and melons have good amounts of potassium, an electrolyte necessary for good heart functioning. Some of the other foods on the list provide additional vitamins and minerals such as magnesium that can also help.

Here are a few sample smoothie recipes that are good for the heart:

Smoothie #1 for AFib
Ingredients:

- 1 cup yogurt, plain.
- 1 cup spinach.
- 1 cup ice cubes.
- 2 leaves Swiss chard.
- 1 leaf kale.
- Juice of ½ lemon.
- 1 orange, no peel.
- 1 handful almonds.
- ½ bunch parsley.
- 2 ribs celery.
- ½ peach

Directions: Blend all ingredients, adding ice last.

Smoothie #2 for Afib
Ingredients:

- 2 scoops of your favorite protein powder.
- 1 cup blueberries.
- ½ lemon.
- 2 leaves kale.
- 1 cup fresh broccoli.
- 1 small beet.
- ½ bunch parsley.
- ½ teaspoon ginger powder.
- 1 apple.
- 2 cups ice cubes.

Directions: Blend all ingredients, adding ice last.

Let us know if implementing this process helps with your AFib! Expect good things to happen!