

# Food is equal to the doctor

*Put the food as a doctor and adjust diet to regain the energy of life and fun, this is the practice of wisdom. Let's get together with diet prevention and cure of disease of cardiovascular disease.*

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Siwu soup

Cardiovascular disease has been billed as the number one killer that threatens human health. At present all kinds of treatment of cardiovascular drugs, it is only take temporary solution not effect a permanent cure, can only control, can't completely successful treatment. Various surveys prove that nutrition is closely related to life and nature and reasonable diet can effective prevention and treatment of disease of heart head blood-vessel.

China's modern great revolutionary forerunner sun yat-sen is not only a great statesman, but also for traditional Chinese medicine and nutrition research. Sun yat-sen had treated a patient with high blood pressure. After sun yat-sen gave him a medicine, told him to take medicine alone are not enough, still have to rely on diet to aftercare, and put the years used diet "siwu soup" recommended to him. The patient according to his request to do it, as a result, he recovered after a few months. This news spread quickly in the crowd. This diet is also known as "zhongshan siwu soup" and spread so far. "Siwu soup" was the result of sun yat-sen's research on diet and nutrition, which is the collection with the 4 kinds of vegetarian. They are the day lily, black fungus, bean curd,

bean sprouts. These foods have high nutritional value, composition is comprehensive, and they play a positive role in treatment of cardiovascular diseases.



Put the food as a doctor and adjust the diet to regain energy and pleasure of life, this is the practice of wisdom. Here I'd like to introduce some prevention and cure of disease of heart head blood-vessel diet:

1, increase fiber meals: dietary fiber has the effect of lowering serum cholesterol concentration. Dietary fiber content rich food mainly coarse grains, dried beans, seaweed, vegetables, fruits, etc., which has the function of lipid-lowering common food and Onions, garlic, mushroom, black fungus, celery, etc.

2, eat more fish and fish oil: fish oil has obvious lipid control function, can prevent hardening of the arteries.

3, eat soy products: soy lecithin rich in a variety of human body must inside. Often tofu, bean sprouts and bean curd cake, soybean oil, soy products are beneficial to human body health, prevent disease of heart head blood-vessel.

4, in addition it should reduce the intake of fat and cholesterol: try to avoid high cholesterol foods, such as animal brain, spinal cord, liver, egg yolks, shellfish (such as: clam), software (e.g., squid, cuttlefish, roe).

