



Healthy Heart: Checklist For Women

Struggling with high blood pressure and cholesterol? Experiencing unwanted visceral fat around your tummy? Are your hands and legs constantly swollen?

Your heart is the powerhouse organ that helps to transport blood, oxygen, and nutrients around your body. Rather than waiting for a reason to worry or take conscious action, such as a heart attack or stroke, our team at Papaya Clinic have drawn upon their collective experience and compiled a Checklist For Women to proactively audit their heart health and achieve better long-term vitality.

Foods to ENJOY

- ☐ Fibre (oats, psyllium, chia seeds, flaxseeds, barley)
- ☐ Vegetables (leafy greens, broccoli, bitter melon, garlic, beetroot)
- ☐ Fruit (esp. berries, 3 serves/day)
- ☐ Fish (2-3 serves/week)
- ☐ Healthy fats (unsalted nuts, avocado, salmon, sardines)
- ☐ Adequate water (1.5-2L/day)

Foods to MINIMISE

- ☐ Saturated fats (butter, biscuits, pastries, hard cheeses, deep-fried foods)
- ☐ Refined sugars and carbohydrates (white sugar, soft drinks, white bread)
- ☐ Salt (bacon, ham, instant noodles, takeaway and fast foods, canned foods)
- ☐ Alcohol and caffeine

Lifestyle habits

- ☐ Regular aerobic exercise (30 mins/day, most days)
- ☐ Stress reduction (deep-breathing, acupuncture, meditation, massage)
- ☐ Stop smoking

Physical metrics

- ☐ Blood pressure (≤ 120/80 mmHg)
- ☐ Resting heart rate (60-80 BPM)
- ☐ Waist circumference (< 80cm)

Herbal medicines to CONSIDER

- ☐ Hawthorn (normalises heart rhythm)
- ☐ Dan shen (protects heart muscle)
- ☐ Olive leaf (lowers blood pressure)
- ☐ Turmeric (reduces lipids)

Nutrients to INCLUDE

- ☐ Activated B complex (esp. B6, B9, B12)
- ☐ Magnesium (citrate, taurate, glycinate)
- ☐ Omega-3 fatty acids (EPA/DHA)
- ☐ Coenzyme Q10
- ☐ Vitamins E & C

Enjoy as a tea, in your cooking, or discuss with your naturopath for a personalised and/or therapeutic dose.

Upper and lower limits to be considered alongside blood tests and nutrient testing.

Investigative tests

- ☐ Gut microbiome testing (inflammation, nutrient absorption issues)
- ☐ Food intolerance testing (contributing to gut inflammation)
- ☐ DNA testing (impact of genes and nutrients on heart health, weight management, fitness and exercise)
- ☐ Nutrient testing
- ☐ Heart Rate Variability (HRV)

Red flags - When to seek help

- ☐ Chest pain
- ☐ Shortness of breath
- ☐ Palpitations
- ☐ Irregular heartbeat
- ☐ Swelling in ankles, legs, abdomen
- ☐ Unexplained fatigue
- ☐ Dizziness or fainting

Blood test markers

- ☐ Blood sugar (fasting)
 - ☐ Blood glucose
 - ☐ HbA1c
 - ☐ Insulin
- ☐ Cholesterol & Heart
 - ☐ LDL cholesterol
 - ☐ HDL cholesterol
 - ☐ Triglycerides
 - ☐ Lipoprotein(a) (Lp(a))
 - ☐ Apolipoprotein B (apoB)
- ☐ Inflammation
 - ☐ C-Reactive Protein (CRP)
 - ☐ ESR
 - ☐ Homocysteine
- ☐ Nutrients
 - ☐ Vitamin B12
 - ☐ Vitamin B6
 - ☐ Serum folate (B6)
 - ☐ Vitamin D
 - ☐ Electrolytes

Quick tip:

"Habits are like a cable. We weave a strand of it everyday & soon it cannot be broken"