

Health Minute™

Crazy about cranberries...

Cranberries are a staple of holiday celebrations. We eat them as sauce and use the whole berries in decorations. Most people know about the benefit of cranberry for the urinary tract but these little gems can do much more. Cranberries contain powerful antioxidants called proanthocyanins that have shown some benefit to the heart. Cranberries contain more of these antioxidants per gram than any other fruit. A study at Laval University in Quebec showed an eight percent increase in HDL-C (good) cholesterol when subjects drank 8 ounces of light cranberry juice cocktail daily. Keep the spirit of the holidays year round by adding cranberries to your daily diet – your heart will thank you for it!



| Cranberry and Cholesterol | Cranberry and Fish Oil |
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| <p>8 oz of light cranberry juice cocktail daily Helps raise levels of good cholesterol in the blood Antioxidants control the amount of plaque that builds up in your arteries.</p> | <p>An informal study in Dr. Ruggieri's office demonstrated significant increases in HDL-C (good) cholesterol and decreases in triglycerides. You need 1000 mg of EPA + DHA from fish oil daily in addition to the cranberry juice for these results.</p> |