**10 Foods That Unclog Arteries in a Totally Natural Way**

**  August 22, 2016 | **  [Health](https://www.healthyfoodhouse.com/category/health/), [Health Tips](https://www.healthyfoodhouse.com/category/health-tips/) | **  0 | **  admin

Arteries can become clogged from the accumulation of arterial plaque and cholesterol, and cause various health issues.

Clogged arteries can cause atherosclerosis, which may result in heart disease and heart failure. Therefore, we will reveal the 10 most effective foods that help to [naturally unclog arteries](https://www.healthyfoodhouse.com/naturally-unclog-arteries-3-simple-ingedients-1/):

**Garlic**

Garlic has long been used in the treatment of various health problems, including heart disease and high blood pressure, due to its innumerate medicinal properties. Numerous studies have shown that it is especially useful in the [prevention of coronary artery](https://www.healthyfoodhouse.com/80-of-heart-attacks-could-be-avoided-if-everyone-did-these-5-easy-things/) calcification.

**Grapes**

Being high in resveratrol, flavonoids, and quercetin, grapes protect from the oxidation of cholesterol and thus prevent the accumulation of plaque on arterial walls. They also reduce the risk of formation of blood clots and [heart disease](https://www.healthyfoodhouse.com/drink-this-beverage-and-forget-about-heart-attack-heart-diseases/).

**Olive oil**

Multiple studies have confirmed the benefits of this oil in preventing cholesterol. It is abundant in monounsaturated fats which reduce LDL or bad cholesterol.

**Fish**

The University of Southampton conducted a study which found that fish, especially tuna and salmon, effectively prevents clogging of the arteries, as it is rich in omega-3-oil content. Omega 3 fatty acids prevent blood clot formation, oxidation of cholesterol, and accumulation of plaque in the arteries.

**Cranberry Juice**

Only 3 cups of cranberry juice a week efficiently remove plaque and cholesterol deposits, as it boosts the ability of cells to absorb fats and produce energy. Therefore, this juice [prevents accumulation of fat](https://www.healthyfoodhouse.com/effective-way-get-rid-white-fat-around-abdomen/) in the blood vessels.

**Tomatoes**

One Korean study showed that tomatoes are high in lycopene which prevents hardening of the arteries. Lycopene is also responsible for the red color of tomatoes, and according to studies, their regular consumption reduces the risk of cardiovascular diseases in women.

**Kiwi and melon**

Kiwi and cantaloupe are high in antioxidants, so they efficiently lower LDL cholesterol. Only a cup of melon and kiwi a day will quickly unclog arteries.

**Oats**

The high content of soluble fiber prevents the formation of cholesterol, and studies have confirmed that 1.5-2.5 cups of cooked oats daily reduce cholesterol levels by 20%.

**Pomegranate**

Pomegranate is high in antioxidants as well, and it is one of the most potent fruits in the prevention of the hardening of the arteries. This fruit protects from the accumulation of [cholesterol](https://www.healthyfoodhouse.com/clean-blood-vessels-cholesterol-residue-40-days/), prevents the development of atherosclerosis, and lowers blood vessel damage.

**Spinach**

Spinach is a rich source of potassium and folic acid, so it prevents hypertension, the formation of cholesterol, and successfully protects against heart failure. Moreover, it also contains lutein in high amounts, which prevents age-related macular degeneration.

Sources and References:
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