

# Nature's Rise Guide Reveals Link Between Medications and Heart Disease and Recommends Mushrooms for Improved Cardiovascular Health

*April 05, 2023*

Sacramento, California - April 05, 2023 -
Sacramento, CA ? Nature's Rise, a leader in holistic health, wellness, and nutrition, has released a new guide outlining the medications linked to an increased risk of developing heart disease and offering recommendations on reducing this risk. The guide results from months of research by Dr. Sony Sherpa, MD, lead researcher and functional mushrooms expert at Nature's Rise.

The guide warns that many commonly prescribed medications can increase the risk of developing cardiovascular problems such as high blood pressure, stroke, heart attack, and other complications. "We need to be mindful of the long-term effects of these medications on our hearts and take proactive steps to protect ourselves from developing heart disease," said Dr. Sherpa.

To reduce the risk of heart disease, the guide recommends various lifestyle changes such as quitting smoking, managing stress levels, exercising regularly, and eating a balanced diet. The guide also

emphasizes the importance of including mushrooms in one's diet. "Mushrooms are proven to have heart-healthy benefits," said David Longacre, CEO of Nature's Rise. "They are low in calories and rich in vitamins, minerals, antioxidants, and dietary fiber. In addition, regular consumption of mushrooms can lower cholesterol levels and reduce inflammation, both of which are important for maintaining a healthy heart."

The guide provides detailed information about different types of mushrooms, their nutritional content, and potential health benefits. It also recommends recipes incorporating mushrooms for people who want to incorporate them into their diet.

Nature's Rise hopes the guide will help people make informed decisions about their medications and diets to protect themselves from heart disease. "Our goal is to provide people with the information and resources they need to make better decisions about their health," said Longacre. "We believe that by doing so, we can help reduce the burden of heart disease caused by medications."

According to Nature's Rise CEO, the new guide will be available on the company's website for download starting next month. Those interested in knowing more about the book can visit the website at naturesrise.com.

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**Nature's Rise**

*Nature?s Rise is an organic mushroom supplement company for people on an epic journey to physical and mental well-being, health, self-improvement, and brain health. This includes functional mushroom products, as well as other superfoods and nutrients.*

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