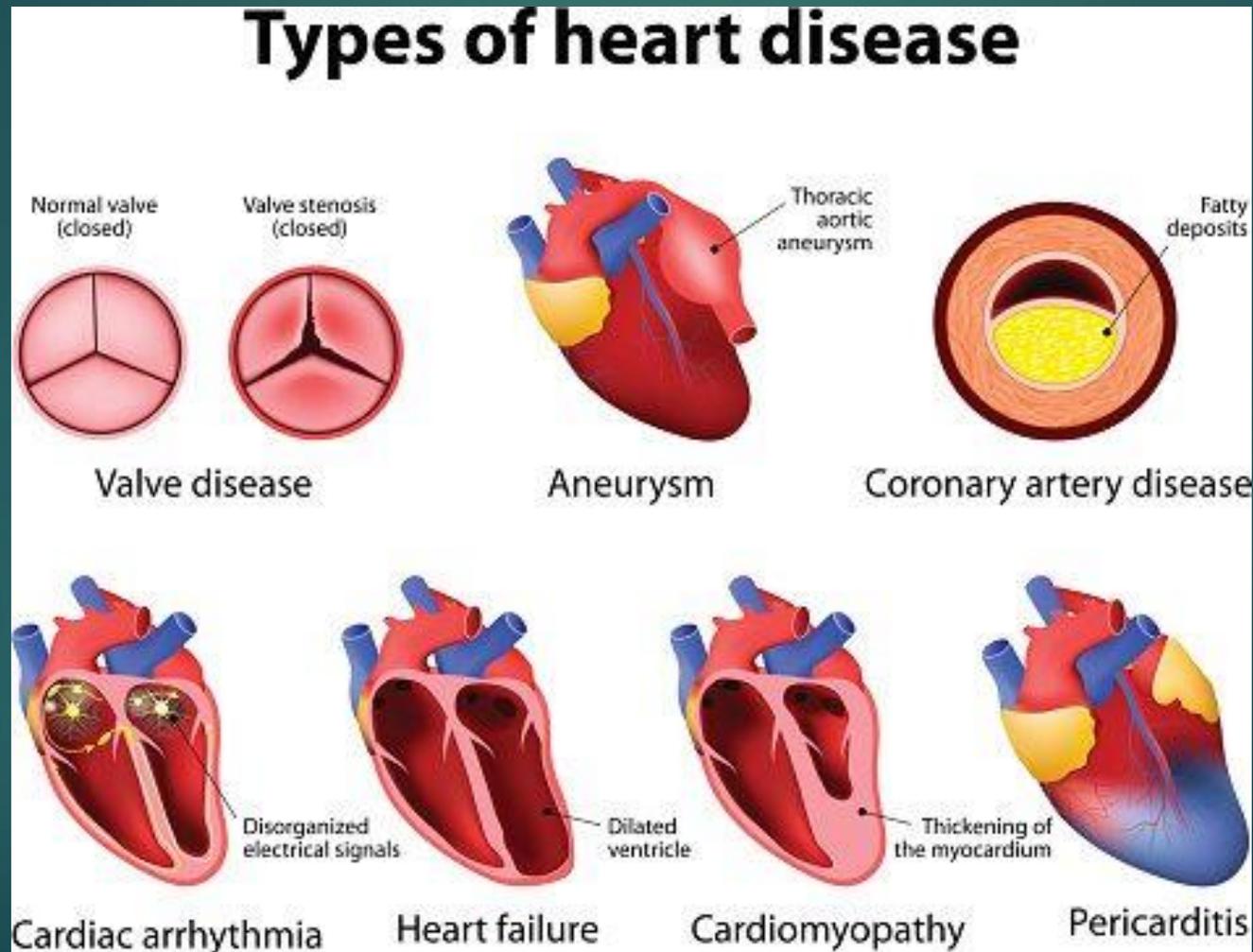




Heart Health

KEEPING A PULSE ON THE HEALTH OF YOUR HEART

Heart disease is the #1 cause of death for both men and women in the United States.





“ Heart disease is not a Lipitor, Crestor, or even an “anacetrapib” deficiency. It is a complex end result of multiple factors driven by our diet, fitness level, stress, and other lifestyle factors such as smoking, social connections, and, increasingly, environmental toxins.”

- MARK HYMAN, MD

Let's look into those multiple factors that are linked to causing heart disease, and also those that can prevent or reverse heart disease; and then, let's see how we can discontinue the former and incorporate the latter into our everyday lives!

A few things to stop in order to help prevent or reverse heart disease:



Smoking

Smoking leads to the damaging of nearly all organs of the body.



The S.A.D.

The Standard American Diet is made up of foods that promote unhealthy weight gain and disease.



Physical Inactivity

Physical inactivity has been shown to be a risk factor for certain cardiovascular diseases.

A few things to add into your life to help promote heart health:



Consume Fresh Fruits and Veggies Daily

Full of nutrients, enzymes and fiber that all work in tandem to promote a better quality of life.



Eat More Fish, Nuts and Beans.

Salmon, tuna and sardines contain heart healthy omega-3 fatty acids – as do certain nuts. While beans supply healthy fiber and protein.



Regular Exercise

Incorporate heart healthy cardio and strength training into every day for optimal results.

Tips for Implementation:

- Choose to focus on introducing new and good habits and techniques, instead of focusing on the habits you would like to stop doing.
“Leaders spend 5% of their time focusing on the problem and 95% of their time on the solution. Get over it and crush it!” – Tony Robbins
- Choose only one or two things to start with. And once you have mastered these, then choose one or two more things to implement.
- Tell someone you love and trust about these things you are going to start doing in order to improve the health of your heart (and life!), and ask them if they'd like to come alongside you on your journey.
- Practice makes perfect! Don't give up even when you fail or fall back into unhealthy habits. We're all works in progress, and that setback is just one more brick in the path towards where you want to be! – Don't give up!



“ Be of good courage, and He will strengthen your heart, all you who hope in the Lord. ”

- PSALM 31:24 (NKJV)

We're cheering for you!

And we hope that this year you see great improvements towards health in all the areas of your heart - not just the physical ones!!



Healing Hands
Health Center