

# Paris Holistic Health



## February 2014 Newsletter

### Happy, Healthy Heart

February is American Heart Month established by Title 36 of the United States Code, Section 101. It requests that the President and Chief Executive Officers in each state and territory issue proclamations urging the people of the United States to recognize the nationwide problem of heart and blood vessel diseases and to support all essential programs to solve the problem. This came about because one in every four deaths in the



United States, according to the Center for Disease Control (CDC), is due to heart disease. The CDC also estimated that 715,000 Americans will have heart attacks each year. These statistics break my heart.

In the early 1900s, heart attacks were rare. I believe the increase in the prevalence was brought about by major changes in our lifestyle over the last 150 years. Technological advances in the late 1800s and early 1900s had a major impact on the life style of Americans. People transitioned from doing manual labor jobs to jobs where machines do the work for them and today many people just sit behind a desk. The main form of transportation was once foot power and now we hop in the car

just to go to the corner store. Additionally, there have been changes in our eating habits. Diets used to be predominately meat and vegetables. Rich food and sweet treats were luxuries and the average person only indulged in these foods on special occasions. Today processed foods and sweet treats are eaten daily if not at each meal. People lived simpler lives in the early 1900 and today people are stressed out working long hours, not getting enough sleep, and believing that multi-tasking is the way to maintain a competitive edge. All of these changes in our lifestyle are contributing factors to the high incidence of heart disease.

So, is it possible to improve our heart health? I believe it is if people are willing to make the choices necessary to live a life with more movement, better nourishment, and less stress. Exercise is a great way to tone muscles, burn calories, and release physical and emotional tension. Choose an exercise that you enjoy to help keep you motivated. When it comes to your diet, choose to eat a simple, clean diet full of richly colored vegetables and fruits along with whole grains and meat in moderation. This will provide you with the nutrients you need to be healthy. To help you get adequate sleep, try meditating, praying, doing deep breathing exercises, or taking a warm bath before you go to bed. This will help quiet the mind and relax tense muscles.

Herbs are also an option when seeking to improve one's heart health. One of my favorite herbs to support heart health is hawthorn. Medicinally, hawthorn was used as early as the first century A.D. by a Greek herbalist, Dioscorides, predominately for supporting the heart. These days hawthorn is used for cardiac insufficiency, minor angina, hypertension, irregular heartbeat, and arteriosclerosis. Hawthorn has several flavonoids which support the circulatory system. These flavonoids have been shown to be anti-inflammatory, antioxidant, antimicrobial and lipid lowering. All of these actions help to support the vessels of the cardiovascular system. In the Chinese system of medicine, hawthorn is used for disturbed shen, or spirit. Some of the signs of disturbed shen are anxiety, insomnia, bad dreams, palpitations, irritability, heartache, and fear. Hawthorn addresses both the physical and the emotional health of the heart and that is why it is one of my favorite heart herbs.

I hope that you have learned something new about heart health. If you want to learn more about health and herbs that can support your health, Paris Holistic Health is here to help. Call today, 443-243-4728, to schedule your complimentary 30 minute session. Come and get to know us and decide if holistic health is an approach that will work for you. Best of all, this first meeting is absolutely FREE!

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