

# HEALTH WORTHY NEWS

Heart disease is the biggest killer in the United States...every 39 seconds someone dies.

Most deaths from heart disease are preventable by learning about your individual risks.

The American Heart Association says that if you make simple changes in your health habits you can lower your risks and even save your life.

By Suzanne Takowsky

## Water Is Your Friend

Start early and start your kids early—drinking water instead of ANY other drink you can name. Soda, sports drinks, juice... are over-flowing with sugar and can't beat the benefits of water which not only saves money by not buying them, but saves your heart. The American Heart Association says the #1 source of added sugar in our diets is caused by the drinks we consume. Hidden calories, sugar or valueless ingredients are found in every drink except one—WATER—a vital mainstay for healthy weight and organ function. All those other drinks you can't live without... add an average 8 teaspoons of sugar to your waistline and diet drinks are the most unhealthy. People who get their "filling" calories from sugars don't get the fiber, calcium, iron, zinc and vitamin A they need from good food. Empty calories make you feel hungry more often, which means you end up eating more, which means you gain weight, which means you get high blood pressure which puts you at risk for diabetes, which puts your heart in danger. Don't like plain water? Squeeze lemon, lime or orange into it, or pop a tea bag in boiling water, let it cool and enjoy unsweetened ice tea.



you have to quit forever because the habit is less ingrained in your daily list of must-dos. Most smokers

believe the habit helps reduce stress and keeps weight down, but that could be an illusion. The Heart Association states that whatever stress you believe is lifted or pounds lessened by smoking compounds over time to infiltrate and diminish the job your heart has to perform. So much so that above ANYTHING else...the #1 thing you can do for your heart is don't smoke.

## Gaining Weight During Pregnancy

The 20s and 30s of a woman's life can involve pregnancy and that brings a weight gain of 20, 30, 40-plus pounds that can be difficult to shed once



the baby is born. Each pregnancy can mean gain 40 and lose 30 (10 extra pounds remain); gain 30 and lose 15 (15 extra pounds remain). Before you know it... you are over-weight. By the time a woman's child bearing years are over, so is her ability to regain her pre-pregnancy figure. By the time a woman hits her 40s, a metabolism showdown takes place, loss of muscle is replaced with fat. Get your fitness goals in place soon after your baby is born. Get a baby jogger and stroller and walk your way to fitness with baby in tow; your daily exercise goal should start at 15-20 minutes and increase as your baby gets older with weights, pilates, yoga and exercise classes. Put yourself on your daily "to-do" planner and don't stop until you have lost your pregnancy weight and are back to fighting form. The 3-Bs you should watch: Body mass index, Blood pressure and Blood cholesterol—all have to be in line for a healthy heart. Numbers to keep in mind.

- **Blood Pressure:** Less than 130/80 mm Hg.
- **Blood Cholesterol:** LDL (low-density lipoproteins, or "lousy cholesterol") below 100 mg/dL; HDL (high-density lipoprotein, or "healthy cholesterol") above 50 mg/dL; Triglycerides: Below 150 mg/dL.
- **Body Mass Index:** Healthy range is 18.6 to 24.9, with a waistline smaller than 35 inches. The plan is to get fit and healthy as you head into menopause.



## Naturally Lower your Blood Pressure

Lowering blood pressure to lowers the risk of heart disease.

- **A Normal Blood Pressure** reading: 119/79 mm Hg or lower.
- **Pre-hypertension** a reading falls between 120/80 mm Hg and 139/89 mm Hg.
- **High Blood Pressure** numbers are 140/90 mm Hg or higher, Common High Blood Pressure Symptoms are: headache, nausea, dizziness, heart palpitations, shortness of breath.

## HERBS & FOOD THAT LOWER BLOOD PRESSURE

1. **Beans;** white, soy, navy, pinto, kidney, black and lima contain potassium and magnesium that work to lower blood pressure. If potassium levels drop, sodium is retained, and blood pressure rises.
2. **Celery;** Phthalides are phytochemicals found in celery and work as muscle relaxers for the heart. When muscles of the arterial walls relax, blood flow increases and the heart doesn't have to pump as hard, lowering blood pressure.
3. **Tomatoes;** contain natural antioxidants like lycopene and vitamin E that prevent chemical damage to cells that line blood vessels. Antioxidant foods lower blood pressure and fight the effects of free radicals by producing hypertension-fighting chemicals like nitric oxide.
4. **Green Tea;** decreases the

risk of cardiovascular disease, including high blood pressure. A strong antioxidant that can reduce effects of free radicals: Green tea. It contains less caffeine than coffee. Research suggests caffeine constricts blood vessels, causing the heart to increase pressure to pump blood through the body.

## A Fruit That Burns Fat



Dr. Oz and Dr. Khan a guest on his show revealed raspberry ketones—compounds in raspberries melt fat. Studies suggest the longer you eat Ketones the more weight you lose. Natural Ketones derived from eating raspberries are healthy and have no side effects. Ketones enable the body to burn fat as they stimulate the production of adiponectin, a hormone that is found in fatty tissues that helps the body metabolize fat. In addition to eating actual raspberries, Ketones can now be found as supplements in major health food stores. ●

