

# Embrace Heart Health: Show *Yourself* a Little Love



## Embrace Heart Health

The month of February often evokes images of love and hearts for many, whether due to involvement or memories with a significant other, or simply the deluge of commercialization we see surrounding Valentine's Day.



The effects of this "holiday" can be uplifting or slightly devastating depending on your current state of mental health and happiness. However, it **can also be viewed as a pivotal point of the year to evaluate your emotional condition** and make some lifestyle tweaks for optimal well-being to ensue.

In alignment with keeping a **healthy emotional heart**, it is important not to neglect the physical functioning of this vital organ. With **heart disease the number one cause of death** in the U.S., making a vigilant effort to screen, prevent disease, and support heart health becomes a necessary part of everyone's daily health routine. **Begin by learning your family's health history and assessing your own state of fitness.**

While you are going through your **personal health assessment**, you may be finding yourself **suffering from many mini-ailments** that recently or gradually became bothersome, or **existing health conditions** such as diabetes or depression which may be **inexplicably aggravated**.

New research studies suggest that **many common health complaints can be linked to vitamin D**

**deficiency**, with cases higher particularly during the winter months due to less exposure to sunlight (the primary source of vitamin D for most people).

In contrast to the **negative conditions inadequate vitamin D intake can have on the body**, in proper or supplemented dosage, researchers have found many **positive effects of vitamin D**, such as significant decreases in cancer cell proliferation, reduced inflammation, as well as improved blood vessel and immune system functioning.

Read on for some great tips and information on keeping your heart healthy!

# Battling the V-Day Blues?

## *How you can stop depression from settling in*

Valentine's Day is quickly approaching, and stores have already begun to display arrangements of hearts, flowers, chocolate and many delectable candies. For many people who are alone or have recently parted ways with a significant other, Valentine's Day can contribute to existing feelings of **sadness, loneliness, and depression**. It is also possible that feelings of sadness set in some time ago during the holidays, further exacerbating emotions.



Even if you're not experiencing post-holiday or Valentine's Day-related depression, it is estimated that most adults – more than 121 million people right now – have or will experience **sadness and depression** at some point in their lives. And, **onset is more likely to occur during the winter and the holiday seasons**.

Sadness is an **emotion experienced universally** and is a common response to situations such as loss and disappointment, with responses varying differently between men and women.

When sadness presents itself as a symptom of depression, studies have shown that **women are diagnosed 2 to 4 times more often than men** since they have a tendency of expressing their sadness more openly. However, this can create a self-fulfilling prophecy, as talking continuously about what is causing the sadness may in fact recreate memories of painful situations that instigated the sadness.

Men, on the other hand, **use distraction as a way of coping with sadness**, but don't make an effort to express their emotions. They are possibly contributing to the development of negative emotions, such as anger.

## Some Common Symptoms of Depression

- Choose an obtainable, highly specific, measurable goal.
- Create an outline of steps to take. Tailor it to your needs, not anyone else's.
- Break it down to make it less intimidating.
- Have contingency options ready to prevent getting too

When taken to extremes, both approaches can cause more sadness and even trigger the onset of conditions like anxiety.

# Beating Depression without using Prescription Medications

To find **relief from the wide range of symptoms caused by depression**, an estimated 25 percent of sufferers are taking at least one prescription medication to treat the disease. The American Journal of Health reports that there are **more than 2.7 million prescriptions written for antidepressant drugs** each year in the United States.

But these drugs have a whole range of **health risks** themselves. There is a multitude of other **side effects** that may be caused or exacerbated by the use of these antidepressant medications.

Some common side effects include:

- [Nausea](#)
- [Increased appetite, weight gain](#)
- Sexual side effects ([men](#)) ([women](#))
- [Fatigue, drowsiness](#)
- [Insomnia](#)
- [Blurred vision](#)
- [Constipation](#)
- [Dizziness](#)
- [Agitation, restlessness, anxiety](#)

far off track.

- Give it time. Remember, habits are formed after 21 days!
- Reward yourself with each milestone.
- Ask friends and family members for help and support when needed.
- Limit your number of resolutions. Instead, focus on achieving one or two long-standing goals that you've been wanting for some time.
- Embrace change, even if that means that your resolution is altered.
- Keep a journal to record and track progress.

# Natural Remedies for Sadness Relief

Making an honest effort of coping with sadness without the use of these OTC drugs is essential for **preventing bouts of depression** that could put the brakes on your personal relationships and professional life.

Ways to help you cope with sadness:

## Behavioral

Valentine's Day can also be celebrated with a friend, (male or female). Single friends can get together for a movie or dinner, as well.

It would also be helpful to have a **hobby or pastime** that we are passionate about, as well as an **exercise routine** to keep us positive and healthy. Even when depression has set in and we feel that we simply do not have the energy to work out, it is essential for our recovery to **make an effort and perform some form of physical activity** throughout the day. Walking is said to have a positive effect on depressed individuals.

## Food

Natural foods such as dates, edelberry, and quince have been used since the middle ages to soothe depression and **herbal remedies** can also be incorporated into a daily routine to **promote well-being**.

Also **eating a balanced diet** that includes plenty of omega 3 also helps prevent and combat depression, and supplements are widely available. Omega 3 promotes heart, joint, and mental health.

The **top three sources of omega 3** are flaxseed oil, fish, and fish oil supplements.

## Natural Remedies

Natural mood-enhancing herbs such as Passion flower and Saint John's Worth have been used for many

years as **natural mood enhancers** in combination with therapy and professional counseling to **improve symptoms of depression.**

- [MindSoothe](#) -- promotes balanced mood and feelings, as well as healthy levels of serotonin and other neurotransmitters
- [PureCalm](#) -- aids your nervous system in stress resistance for balanced moods and feelings of well-being
- [Nerve Tonic](#) -- promotes nervous system health, maintains balanced mood and a worry-free mind
- [Calm Within CD](#) -- improves relaxation, support balanced emotions and stress levels
- [Mood Tonic](#) -- Optimizes nervous system health and promotes balanced mood and peacefulness

*"WOW!! [Nerve Tonic](#) along with [PureCalm](#) are both wonderful for my chronic and acute anxiety. I am in a very high-stress profession, and have an aversion to the pharmaceutical deluge that was prescribed to me by medical doctors. I have never had the results I wanted from those prescribed meds, and also hated the sluggish-feeling side effects of all I tried. After MUCH research, I made a commitment to give your products a three month trial period. I have had wonderful results, and it has been very apparent in much less than the three months I had set aside. Here is to a happier, healthier me. Thank you so much." - Jan F., TX, USA*

*"I tried about 30 kinds of natural and prescribed medications, and nothing seemed to work. After only three pills of [MindSoothe](#), I started to feel a great improvement in my anxiety, depression and OCD levels. " - Juan, TX, USA*

"I used to take prescription anti-depressants for OCD, which worked well except for the sexual side effects. I switched to [MindSoothe](#), and now I don't have any sexual side effects-- which makes me happy! I have been taking [MindSoothe](#) for about three months now, and little by little, have seen the improvement. My anxiety and OCD symptoms have been reduced significantly, and I am living a better life. I highly recommend [MindSoothe!](#)" - **Tricia**

"Running a business, there's never a shortage of work to be done. I started to have insomnia in October of 2005. I would sleep one day, then be unable to sleep for the next two nights. It would continue off and on. I knew I needed to sleep, so I tried OTC medicines. Soon they stopped working, as my body became accustomed to them. My wife ordered [Serenite-LT](#) and [SerenitePlus](#) for me. I didn't want to take it, as I thought it may not work long-term, and my body might get used to it again. But the benefits have been outstanding!! So far I've slept soundly and naturally through the entire night. I don't wake up dizzy, disoriented, confused, weak, or drowsy like I did with OTC remedies. It feels natural, as if my body is telling me that it's time to sleep. I don't feel wiped out all of a sudden like the intense OTC drugs. At first, if I didn't take Serenite, I didn't sleep. Period. Now I'm starting to fall asleep on my own. Serenite-LT and SerenitePlus have performed beautifully for me. I'm well-rested, perform better, remember more, and sleep better!" - **Andrew, WI, USA**

# Dosing Up on Vitamin D

## *How to reverse the deficiency damage*

Did you know that more than 40% of the U.S. population is currently suffering from symptoms caused by an **insufficient intake of vitamin D**?

Considering that an inadequate intake of vitamin D can be **linked to many diseases and conditions**, including osteoporosis, rickets, schizophrenia, type 2 diabetes, muscle weakness, depression, and seasonal affective disorder, deficiency may be taking more of a toll on our bodies than previously realized.



Many of these **conditions can even begin during pregnancy** with a mother's poor nutritional

choices, leading to health problems later in life, says the National Institutes of Health.

Although **African American women, young girls, and the elderly comprise those most deficient**, people who spend most of their time indoors, live in regions where sunlight is limited during winter months, or excessively use sunscreen are also at a high risk for deficiency, according to Harvard Health Publications, since **vitamin D enters the body through the skin's absorption of UVB radiation from the sun** (not only through nutritional intake).

In addition, since vitamin D is fat-soluble, those with a **reduced ability to absorb fat may need additional supplementation**, such as those with conditions such as Crohn's disease or cystic fibrosis. The obese, conversely, require more vitamin D.

There are also ways to naturally increase your daily intake of vitamin D and avoid some of these issues that occur with deficiency. Choosing fortified foods or **foods rich on vitamin D** (see sidebar for further suggestions) is an easy start. You can also **take a supplement** if you still feel you are not getting enough.

You can also **try to get some sun** – while the amount needed varies per person, 5 to 15 minutes is a good amount to aim for. The key is not to burn. Factor in age, skin tone, geography, and season. The elderly naturally produce less and will require additional intake, while darker pigments filter out much of the sun's ultraviolet light, therefore also needing more.

There are many **natural remedies that can help ease these unpleasant side effects** until sufficient intake can be reached, as well as to sustain health and well-being.

[Fatigue Fighter](#) can be effectively used to promote healthy systemic adequacy for physical performance and endurance.

To boost immunity, promote routine cellular health and support cellular defense against pathogens, visit [Immunity Plus](#).

To help support a balanced mood, [Mood Tonic](#) can be used to enhance the therapeutic effects of other remedies by promoting brain efficiency.

To support healthy cartilage and connective tissue, visit [JointEase Plus](#).

To ease back into healthful sleep patterns, try [Sleep](#)

## Common symptoms of deficiency include:

- Muscle pain
- Low energy
- Fatigue
- Lowered immunity
- Mood swings
- Sleep irregularities

## How Much to Take? Dosage Info and Cautions

The National Institute of Health's Office of Dietary Supplements currently recommends 200 IU for children to adults up to 50, 400 IU for adults 51 to 70, and 600 IU for the elderly, 71+. Many common foods

[Tonic.](#)

[Low energy](#) can be battled in many ways, generally through **simple lifestyle changes**. [Boosting immunity](#) is also critical, as vitamin D deficiency has been shown to negatively impact health. In addition to maintaining overall health and vitality, eliminating [sleep irregularities](#) is also useful, which can compound existing health problems.

### **The Benefits of Vitamin D**

Since there are many negative effects from vitamin D deficiency, it makes sense that there are many **benefits from proper levels** in the body as well.

According to studies published in the American Journal of Clinical Nutrition, **researchers found significant decreases** in cancer cell proliferation, reduced inflammation, as well as improved blood vessel and immune system functioning.

To further support the heart, encourage blood flow, and blood vessel strength, visit [Circu-Live](#).

Similar studies from other prominent research institutions with **additional positive results** have been conducted; however, the American Cancer Society said that the evidence is still inconclusive to make general population recommendations for optimal health benefits-- although it does appear that the claims are well substantiated and have suggested reduced illnesses.

**Therefore, lifestyle factors will still play a crucial part in maintaining and promoting overall health, including** diet, health, and fitness.

are now fortified, including cereals, breads, crackers, and milk. Other good sources include salmon, eggs, and cheese.

### **Too Much of a Good Thing?**

Consuming excessive vitamin D (over 1,000 IU for children and 2,000 IU for adults) through diet alone is highly unlikely, unless cod liver oil is ingested regularly. Overdose symptoms can include nausea, vomiting, poor appetite, weakness, and heart rhythm abnormalities. In extremely rare cases, calcinosis, or the deposition of phosphate in soft tissues such as the kidney caused by excessive vitamin D, can be toxic.

*"I started taking JointEase Plus when I developed pain in my knuckles. While I was hoping for at least the partial measure of relief that I got from prescription-strength doses of NSAIDs, I was delighted when after only 10 days on [JointEase Plus](#), the knuckle pain actually disappeared! As if that weren't enough to be grateful for, I now walk down steps with confidence, in spite of an arthritic knee and*

ankle. Friends have remarked that I seem to move with more ease and grace. I hadn't realized how many little pains I had and how they were affecting my ability to move, until JointEase Plus took them away!" - **Sandra, VA, USA**

"I am a sufferer of chronic pain. Throughout the last eight years, I have cycled through every sleeping aid on the market, including alternative methods and meditation. I had given up hope of ever having more than two hours of continuous sleep at a time until I happened upon your products. I'll admit I was skeptical, but when I tried it, I was amazed! I actually can sleep much better and do not wake up groggy as a side effect of the medication. I am a true believer! I am so grateful that I would endorse [Serenite Plus](#) and [Serenite-LT](#) to anyone! They are nothing short of a miracle! Thank you!" -

**Shannon L., Utah, USA**

# Holding Heart Health in the Palm of Your Hands

You may already know – from the FDA and other health sources – that **heart disease is the number one cause of death in the United States.**



However, **you may not be doing all that you can** to reduce your risk. Below are some simple tips to incorporate into your lifestyle to ensure continued health and well-being, and help prevent heart attacks.

1. Eat a [heart-healthy diet](#), limiting saturated fat, salt, and cholesterol.
2. Participate in **continuous, vigorous exercise** for at least 20-30 minutes three times a week, at minimum. Since the heart is a muscle, to work at its most efficient state, it needs exercise to efficiently pump blood.
3. **Receive regular** [blood pressure](#), [diabetes](#), and **cholesterol screenings** to help prevent and treat cardiovascular diseases.
4. Learn about your **family history of heart disease**, such as [congestive heart failure](#) and

[arrhythmias](#), to help interpret readings and take preventative measures. In addition,

**being aware of your body** can help you to **recognize early warning signs** of coronary heart disease, such as tightness or discomfort in the chest, neck, or stomach during exertion.

5. Learn to **control your [weight](#)**, as obesity can contribute to heart health problems, as well as other conditions such as diabetes.
6. **Manage [stress](#) and [anger](#) levels**, as high tension has been proven to contribute to heart attacks and related illnesses.
7. **[Quit smoking](#) and other unhealthy [addictions](#)**, and encourage family members or friends around you to do the same. **Smokers are twice as likely to have heart attacks.**
8. **Monitor alcohol intake**, as excessive consumption can damage the heart muscle, elevate blood pressure to dangerous levels, and also contribute to weight gain.



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