

Listen to your Heart - It Can Save your Life!

WHAT'S INSIDE?

Gender Differences -- Heart Attack Symptoms
in Men vs. Women

A Common Yet Forgotten Heart-Healthy Food

Little Changes, Big Results – Top 10 Heart Health Tips



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Don't Let Your Heart's Health Skip a Beat

Many of you are know that heart attacks are the number one killer in both men *and* women in the U.S.; but did you know that many fatalities can be prevented if you **learn to recognize the symptoms of a heart attack** and get medical attention fast? Also, did you know that women experience different symptoms than men?



According to the American Heart Association, the most reported symptom of a heart attack in men and women is chest pain. The difference is that women are also more likely to present **symptoms such as anxiety, nausea, vomiting and abdominal pain**, as well as shortness of breath, back and jaw pain. Other symptoms of a heart attack experienced more frequently by women include fainting and breaking into a cold sweat.

Many more people could recover from heart attacks if they received help faster.

Of the people who die from heart attacks, about half die within an hour of the first

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Getting sick (or at least pretending to) was sort of fun back in the old da

symptoms, and before they reach the hospital.

If you think you or someone you know is having a heart attack, it is **essential to call 911 within minutes** -experts say no more than 5- to increase chances of survival.

As always, prevention is best. Keeping **cholesterol levels and high blood pressure in check** is crucial to cardiovascular health.

In general, cholesterol is associated with obesity, but that is not always the case. Although **obese people have a greater risk of high levels of cholesterol** in their blood, many people who have a healthy weight have high cholesterol, too.

The same can be said for diabetes and hypertension. The bottom line for prevention is to follow a heart-healthy lifestyle.

Maintaining **body weight within a healthy range** and exercising at least an hour daily should be part of your heart-healthy plan.

Also, following a balanced diet with approximately 30 percent of calories from monounsaturated fats such as olive oil, canola, fish and nuts and limiting saturated fats is recommended. Managing **stress levels, anxiety and depression** should also be incorporated into your plan.

Holistic medicine teaches us that all systems in the body are interrelated, so with this in mind, it is necessary to make sure all organs are supported and working properly.

For our hearts to be healthy, focus should also include liver, gallbladder and pancreatic health, as well as nervous and circulatory systems health.

for about two years now. Combined with a reasonable diet, it has made such a difference! THANKS!!!"

— Maya :)

The Ins & Outs of Healthy Hearts

Stop smoking: Many people think that smoking causes mainly respiratory problems, but smoking damages the arteries and is a major cause of atherosclerosis, a build up of fatty substances in the arteries.

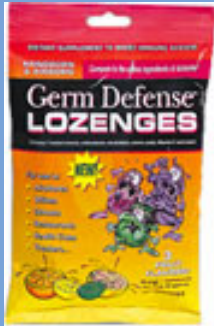
Detoxify the liver: Crucial to heart health, a healthy liver metabolizes fat and keeps cholesterol levels in check. Milk thistle has been used for over 2,000 years to promote liver and gallbladder health.

Eat your oatmeal: Oats are another of nature's cholesterol-reducing wonders. In addition, oats have a calming effect on the nervous system, which can in turn assist in soothing stress and anxiety, as well as helping



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Overall health can often occur naturally if the body receives the proper nu



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Germ Defense Lozenges are dietary supplements used to boost your immune sys



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Great Health Sites

Herbal and homeopathic remedies can provide effective, safe relief without compromising health or risking serious side effects.

Natural remedies have been used in traditional medicine for thousands of years to support heart health.

With so many resources available in nature to assist us in our quest to well-being; it is up to *us* to make good use of them and start reaping the benefits of good health today.

Related Products

- [Cholesto-Rite™](#)
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What do you Know About Wholesome Oats (Avena Sativa)?

Oatmeal is a common fixture in many household pantries, but although many are familiar with its **reputation for being a heart-healthy food**, few are aware to the great extent it can help us lead a healthier life *and* prevent disease.



The health benefits of oats have been known and enjoyed for approximately 4000 years – not only was oatmeal consumed, but it was also **used topically** to treat a variety of skin problems such as hives and itchy skin.

Fitting it in to your routine...

Starting your day with oatmeal is a

to regulate sleep patterns.

Take a break: Healthy stress management can make or break heart health. We all have to face stressors in our daily lives; learn to manage it with deep breathing, daily exercise, and meditation.

Get enough sleep: Healthy sleep routines will go a long way in promoting your emotional and physical health, which is priceless to your heart.

Native Remedies Products with Avena

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great way to get a **dosage of heart-healthy fibers.**

If you don't like the taste by itself, try adding apples, blueberries, or honey to it. You can also add oatmeal to vegetable soups. It gives soups a creamy texture that many will enjoy!

Besides providing **cholesterol-reducing benefits**, oatmeal has a nutritious and restorative action on the nervous system, which can **soothe anxiety and hyperactivity** as well as **promote concentration.**

It also has mild sedative properties, which can help regulate sleeping patterns.

The high soluble fiber in oats makes it a great food for the digestive tract and can help **keep your bowel movements regular.**

Topically, oatmeal can even **be used as a soothing agent for dry, flaky skin.**

This is especially helpful during the winter months when skin is exposed to cold temperatures, as well as artificial heating systems.

Just soak in a warm bath tub with finely ground oats and enjoy almost immediate relief! ...If only everything was that simple...

Top 10 Lifestyle Changes Your Heart Will Appreciate

1. **Skip the elevator and use the stairs instead.**

Just start with one flight. Soon, you'll be ready for

Sativa

Crave-Rx Drops™

Support mood and well-being while quitting smoking

Focus Formula™

Support concentration and attention, while maintaining normal energy levels in children and adults

ReGrow Plus™ Support healthy circulation to hair follicles, hair roots & nail beds

TinnaRex™ Keeps ears healthy with clear and undisturbed hearing

UTI-Clear™ Support bladder, urinary tract, and urinary system health

SerenitePlus™ Natural sleep tonic for a restful night

Thyroid Assist™ Support thyroid health and functioning

VitaliTonic™ Promote energy and zest in adults over 50_



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two.

2. **Start parking your car at the far end of the parking lot.** The short walk everyday to and from the store or school helps your heart.
3. If you ride a bus or subway, **get off a stop before your destination.** Walk the rest of the way.
4. If you can, **spend a few minutes of your lunch break taking a stroll** outside work or school. It will also help boost your energy levels after lunch.
5. **Housework that is done vigorously counts as exercise.** Vacuuming or mopping can be a real workout!
6. If you have a yard, mowing the lawn, pulling weeds, and raking leaves are also **chores that count as exercise.**
7. **If you have a dog, take it for brisk walks** twice a day, and benefit your heart and his!
8. If you have a family, **schedule an after-dinner walk.** It's great to help digestion and to start clearing the mind to get ready for bed.
9. **Include oats into your daily routine.** Just a cup of cooked oatmeal will provide wonderful cholesterol-reducing benefits. *(Be sure to check out this month's special feature on oats!)*
10. **Try to laugh!** Laughter helps release pent up stress and has been proven keep your heart healthy *and* happy.

