



## Secrets to a Healthy Heart



From Long before the ancient Greek surgeon **Galen** carried out meticulous dissections of the heart, the Egyptians wrote about health and disease in relation to how the heart

"speaks in vessels" with the rest of the body. Today, physicians may not associate the heart with the soul (or soul mates), but many credit early Egyptian medical knowledge of the heart as a precursor to modern cardiology.

### The Heart: Powerful, but Vulnerable

A key element of a healthy body is a healthy heart. The heart is the center of our cardiovascular system and beats an average of *100,000 times per day*, supplying oxygen rich blood to the whole body. Every day, we make choices that have a profound affect on the health of this vital organ. Most heart disease (HD) is linked to risk factors such as *lack of exercise, obesity, smoking, stress, and poor eating habits*.

One major condition that can develop with these risk factors is *Hypertension*, also known as **high blood pressure**. Often called the 'silent killer', Hypertension can cause significant damage throughout the cardiovascular and other body systems and ultimately results in over 80 million deaths each year.

### The Silent Killer

Blood pressure is the amount of pressure exerted on the inside of blood vessels as the heart pumps the blood through the body. When there is resistance in the vessels, the pressure rises and hypertension results. The longer hypertension goes undetected and/or uncontrolled, the greater the damage to blood vessels and other organs. Hypertension can lead to heart attack, stroke, ruptured blood vessels, kidney disease or failure, and heart failure.

*'Secrets to a Healthy Heart' is continued...*

## Secrets to a Healthy Heart, cont.

Warning signs for high blood pressure are rare but can include headaches, blurred vision, lightheadedness, shortness of breath and nosebleeds. However, there are typically no warning signs or symptoms for hypertension, which is why it is called the silent killer.

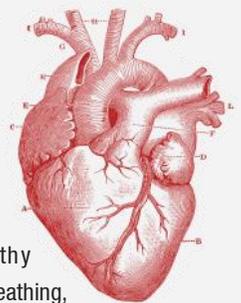
Hypertension is diagnosed by looking at 2 numbers in your BP reading: **Systolic pressure** (the top number) is the pressure in your arteries when the heart beats (contracts). **Diastolic pressure** (bottom number) represents the pressure in your arteries between beats.

- ✔ **Normal** blood pressure is below 120/80
- ✔ **Prehypertension** is 120-139 systolic or 80-89 diastolic
- ✔ **Hypertension** is 140/90 or higher

### The Potassium Secret for a Healthy Heart

You've no doubt heard the best thing to do when you have hypertension is to reduce the amount of salt/sodium in your diet. Did you know the average adult needs 4,700 mg of *potassium* daily compared to only 200 mg of *sodium*? Unfortunately for most of us, our eating habits give us way too much sodium - 3,300mg a day - and not nearly enough **potassium**. This imbalance can increase your risk of developing hypertension.

By reducing your sodium intake, you are often correcting the sodium -potassium imbalance without realizing it. To further support your heart health, eat more potassium-rich foods such as *sweet potato, spinach, banana, peas, legumes, apricots, avocados, halibut and molasses*.



### More Healthy Heart Tips

**No Need to Run:** 30 minutes of daily, brisk walking lowers your risk for hypertension.

**Be Calm:** Learn to manage stress with healthy coping techniques, such as biofeedback, deep breathing, yoga, meditation, gratitude journaling, and getting quality sleep.

**Supplemental Support:** Nutritional supplements shown to support heart health include Hawthorn, CoQ10, Essential Fatty Acids, Magnesium, Garlic and B-vitamins. Supplements you might have heard about - Natto-K (nattokinase), Guggul, or Niacin - should not be taken without the supervision of your health practitioner.

**References :** ([Link from vitahealthcenter.com/vitalscoop](http://vitahealthcenter.com/vitalscoop))

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### Winter Pear, Pomegranate & Spinach Salad with Hazelnut



If you're looking for the perfect starter to a romantic dinner, or simply want to treat yourself to a festive salad robust in color, crunch and flavor, then this winter salad is the one for you. Pomegranate seeds add

beautiful color against the dark green and nutrient rich spinach. Not to mention, the uniquely tangy-sweet pomegranate is an excellent source of antioxidants. The juicy strips of Bartlett pear provide a sweet balance to the radicchio. The entire salad is complemented by the crunch of toasted hazelnuts and a lemon-thyme based dressing. The result is super-nutritious and super-delicious!

#### Ingredients:

- 1 1/2 3/4 cup unsweetened pomegranate juice
- 1 tablespoon fresh lemon juice
- 2 teaspoons roasted hazelnut oil or extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon minced fresh thyme leaves
- 1/8 teaspoon freshly ground black pepper
- 5 ounces spinach leaves
- 3/4 cup finely shredded radicchio (from 1 head)
- 1/2 cup pomegranate seeds\*
- 1/2 cup coarsely chopped toasted hazelnuts
- 1 large firm-ripe Bartlett pear

#### Salad Preparation:

1. In a small saucepan, boil pomegranate juice until reduced to 1/4 cup, 5 to 6 minutes. Let cool. Whisk in lemon juice, oil, salt, thyme, and pepper.
2. In a salad bowl, gently mix spinach, radicchio, pomegranate seeds, and hazelnuts with dressing. Divide among 6 plates.
3. Quarter pear and core. Thinly slice crosswise, then stack slices and cut in matchsticks. Arrange pear on salads.

#### \*Helpful Hints for Extracting Pomegranate Seeds

Cut a pomegranate into chunks. Put chunks in a bowl of water. Working underwater, use your hands to break seeds free from pith.

“Hearty laughter is a good way to jog internally without having to go outdoors.” ~Norman Cousins



### Meet Dr. Seth L. Enos

Vitae Health Center’s newest physician, Dr. Seth Lang Enos, is a primary health care naturopathic doctor (ND) focused on cardiovascular medicine, physical therapy, men’s health, biofeedback, and environmental medicine.

Having grown up in a household of inspirational emergency responders, including his father - a firefighter of thirty-two years, and his sister - an EMT and dispatcher, Dr. Enos initially became a paramedic. Through their years of combined experiences he became intimately aware of the shortcomings of the modern medical system - both for the patients treated there as well as those serving within the system. Becoming a Naturopathic Doctor was a goal born from this discovery, with the realization that expanding beyond the conventional response-oriented health model could be both more helpful and fulfilling.

Today, combining more than a decade of experience in the emergency medical field with the preventative tools and knowledge of the Naturopathic Physician, *Dr. Enos is committed to providing the care and treatment you need to achieve the freedom from limitations you desire, and the fulfilling, rewarding life you deserve.*

Dr. Enos is available Monday - Friday from 10am to 6pm.

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