



February newsletter

Love is in the air. Do feel Cupid shooting the arrows? . This is the time of year where love works or love hurts. If you are in a good relationship or hope to be, this month brings up the emotion of being connected, being a part of something greater than you. If you are still wishing to have that special one to love, this month could be painful.

We have all heard..my heart is breaking, heartache; my heart is full of love. How can an emotional feeling affect your physical heart? Very easily! When you feel for someone, adrenal, hormones cause your blood to start pumping faster when that someone special is around. Your emotional feeling for them causes a physical reaction, the same way when you loose someone you love, you're sad and your heart is breaking. Of course, it is not physically breaking, but the stress of your loss can cause a physical pain in your body. There is a school of thought that arrhythmia (irregular heartbeat) can be brought on

by your heart being out of sync with your emotions. I have found EFT (emotional freedom technique) to be very useful in regulating the heart beat. It releases the emotional blockage that caused the irregular heartbeat.



Let's not forget that eating for a healthy heart is very important. With all the information on high blood pressure, cholesterol and stress affecting the heart, you need to feed your heart with fresh and colorful fruits and vegetables. They are high in antioxidants which keep the arteries free from free radicals and inflammation. Inflammation is the key trigger to heart attacks. Wild salmon, nuts, olive oil, coconut oil are very heart healthy foods. I highly recommend taking **Juice Plus** veggies and fruits. Two capsules a day give you 17 servings of high nutritional fruits and vegetables that can

stop many problems that can cause poor heart health. You can pick them up at my office. I find that it also keeps me alkalined so I am less susceptible to the flu and colds. Disease, flu, cold, bacteria, viruses and cancer all live in an acid environment while dying when exposed to an alkaline environment. **EAT YOUR VEGGIES AN FRUITS AND STAY HEART HEALTHY.** Organic is the best way to eat your fruits and vegetables along with choosing a variety of colors. Each color of the fruits and veggies has a high antioxidant value that assist with different parts of your physical health. Your heart can only work as well s you feed it and exercise it.

There are many herbs that help with the heart, hawthorne berries known as an heart tonic, Co Enzyme Q 10 is an absolute must for anyone with an heart issue. Capsicum reduces the risk of developing atherosclerosis. Take care of your heart in all ways and it will take care of you.

EFT classes forming. Call for details.