



Take Charge of Your Health!

Adopting a Total Body, Mind & Spirit Approach for the Year 2000

By Phyllis Turner

February is heart month. What is your heart's desire? What would

you heart desire more than anything else? Perhaps I can help out. First let's start with a little information about this powerful organ. Our heart beats on an average of 100,000 times a day, pumps nearly 6,000 quarts of nutrient rich blood throughout a network of vessels that could stretch twice around the equator of the earth if the vessels were all tied together and is constructed to last a lifetime without taking a moments rest. Wow! didn't know that you might say. Continuing, the heart is the very core of our being, the central force that promotes life within and without. It beats to the music of life, keeping us in rhythm with nature, responding to the high and low notes of our existence.

In Chinese and Western medicine both, the heart is to control and regulate the blood flow through the vessels bringing adequate amount of nutrients to the cells and tissues. This function ensures the continuation and maintenance of our life. The heart is very important and yet cardiovascular disease is ranked as the No.1 killer in the United States. The heart and vessels need to be kept clean and in a strong working order. No compromises just a plain fact.

When arteries become blocked with plaque, blood flow is diminished and the vital organs such as the brain and extremities are the first to be effected. Plaque is the result of elevated cholesterol and triglyceride levels in the bloodstream. When plaque builds up, the blood cannot flow properly and angina pectoris (severe chest pains) occur. Of course improper digestion and a hiatal hernia can cause the same effects as angina. There is a difference.

High blood pressure is often a signal that heart problems are not far of and that steps must be taken to correct the situation.

Now the Good News! Heart disease can be prevented and reversed by 1) eating a balanced diet of fresh fruits, vegetables, legumes and taking cold pressed oils such as the Omega 3s, flaxseed and Vitamin E. Antioxidants such as Co-Q 10 oxygenates live heart tissue, Vitamins C and an array of free radical fighters rid the arteries of plaque build up.

Chinese Medicine treats the cause and does not just check the symptoms. At the root of high blood pressure or elevated cholesterol may be a liver, kidney or spleen imbalance, excessive phlegm, weak digestion or poor metabolism. Therefore Hawthorn, Codonopsis, Ginseng, He Shou Wu and drinking Green Tea are significant in lowering cholesterol. We cannot forget to exercise! It's is of extreme importance. A 30-minute daily walk does wonders for the heart and mind. Deep breathing is a beneficial agent in any smart health heart program. Proper breathing is the cord that unites the body, mind and spirit. Deep breathing relieves anxiety, panic attacks and boosts the immune system. Away with the shallow breathing. Ayurvedic and essential oils are used often for body massage or bathing. These oils reduce stress in the mind and body.

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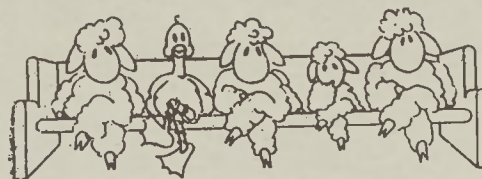
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