



HEALTHY HEART



Cholesterol is one of many lipids (fats) found throughout the body. Cholesterol is an important building block in the formation and repair of cell walls, function of nerve tissue, and the production of many hormones. The majority of cholesterol identified in our blood-stream is NOT from our diet, but instead produced in our own liver.

Once produced within the liver, cholesterol circulates within the blood stream and combines with proteins to form lipoproteins. High-density lipoprotein (HDL), also known as the "good cholesterol," acts by carrying cholesterol back from the cells to the liver where it can be eliminated. An elevated LDL "bad cholesterol" is associated with

plaque formation, heart attack and cardiac death.

Triglycerides are lipids, but not lipoproteins. They too circulate in the bloodstream. Triglycerides are the main source of fat storage within the body. Diabetes, Excessive Alcohol and low thyroid hormone levels may elevate triglyceride levels. Elevated triglycerides are also associated with plaque formation within the arteries

Hypertension is also known as high blood pressure. By definition, high blood pressure is diagnosed when several recordings demonstrate a systolic (top- number) reading of 140 or greater and/or a diastolic (bottom number) reading of 90 or greater. Left untreated, hypertension can lead to stroke, kidney failure, heart failure and coronary heart disease. Because few people have symptoms of hypertension early in its course, it has become known as the "silent killer." Hypertension remains the leading cause of stroke; in fact, stroke is sometimes the first symptom of the disease.

What can you do to protect your heart?

- Magnesium is important to vascular tone and relaxation, and a healthy diet should contain 300 to 500 mg per day. Foods high in magnesium include beans, halibut, nonfat yogurt, nuts, potatoes and spinach.
- Maintain a healthy weight. Overweight individuals are twice as likely to develop hypertension
- Get regular exercise, at least thirty minutes a day.
- Smoking negatively impacts nearly all organs in the body. Smoking raises blood pressure. This rise in blood pressure is considered secondary to the nicotine-related release of body chemicals such as adrenaline, which causes the blood vessels to constrict. In fact, like hypertension, smoking by itself leads to an increased risk of stroke, due to an acute decrease in blood flow to the brain.
- Eat more Soluble fiber such as fruits, dried beans and peas, oat products, psyllium, and vegetables act as a cement within the intestine and binds cholesterol and prevents their absorption.
- Eat more fish containing polyunsaturated fatty acids, particularly the omega-3 form (*sardines, mackerel, anchovies, salmon, herring*), or take Omega 3 supplements which is important in building healthy muscle cell membranes, as well as brain, nerve and eye tissue.
- **Try some Acupuncture !** It can be used clinically for the treatment of hypertension and other related circulatory issues.

FREE Healthy Heart Workshop

Tuesday, February 17

7pm to 9pm

Loblaws Superstore

(Yonge & Greenlane)

Register at
info@OasisHealth.ca

Or 416-312-7617



Providing you with natural, relaxing therapeutic methods for a **healthier** and **happier** you !

Acupuncture for High Blood Pressure

High blood pressure also known as hypertension is a very common and dangerous condition. It can lead to some serious complications including strokes and heart attacks.

There are two types of hypertension from a western medicine perspective. Primary hypertension has no known cause. It typically arises in middle age and has associated risk factors such as obesity, high cholesterol/salt/alcohol intake, smoking, diabetes, etc.

Secondary hypertension is as-

sociated with a known cause which may be pregnancy, kidney disease, blood vessel abnormalities, endocrine disorders, etc.

Acupuncture is a system of holistic medicine that originated in China approximately 5,000 years ago. Acupuncture is one of the primary modalities of treatment in Chinese Medicine.

During an acupuncture treatment, fine sterile needles are inserted into the body at specific locations to provide a

regulatory effect on the body. These acupuncture points exist along energy pathways, called meridians, which connect the surface of the body to the internal organs.

Hypertension in Chinese medicine is typically caused by a disharmony of the Liver organ. It is important to understand that this refers to an energetic function of the Liver and not necessarily the physical liver in the body.

The Liver in Chinese medicine is responsible for the smooth

flow of energy, called Qi, in the body, and the regulation of the Blood.

Regular acupuncture treatment can effectively balance and manage hypertension and other health related issues.

Acupuncture treatments for people with High Blood Pressure is becoming increasingly popular for individuals who wish to avoid or minimize the long-term effects of drug therapy.

If you are struggling with High Blood Pressure, High Cholesterol or Elevated Triglycerides
Oasis Health & Wellness
can customize a health program for you that includes acupuncture, nutrition and detoxification

Acupuncture

The National Institute of Health and the World Health Organization have cited Acupuncture and Oriental Medicine as an effective means of treatment for:

- High Blood Pressure
- High Cholesterol and
- Diabetes



Nutrition

Hypertensive people can remarkably reduce their blood pressure through nutritional changes.

Healthy eating will not only reduce blood pressure but can help with weight loss, which also lowers blood pressure and improves overall health.



Detoxification

Your body is like an engine. Whenever a health condition arises it is important to detox and clean the body's "engine"

One of the most effective and natural ways to prepare to "clean" your internal system (*and possibly even enable it to combat high blood pressure symptoms on its own*) is to embark upon a detoxification program.

Extended Health Benefits

All treatments that include acupuncture may be covered by your extended health insurance benefits

Don't have benefits? Ask me how you can get \$750 in benefits for 1/3 of the price.

Cooking with Rita

Chocolate, wine, and food have long been valuable tools for the art of seduction on Valentine's Day.

Since the earliest aphrodisiacs, people have recognized that food has an innate power over loved ones.



This Valentine's Day, show your sweetheart how much you care by sipping some wine and creating a romantic meal together.

Sample Menu*

Champaign Cocktail
 Tomato & Basil Bruschetta
 Ravioli with Red Pepper Sauce
 Nut Encrusted Wild Salmon
 Baby Greens
 Dark Chocolate Soufflés

** all recipes will be wheat free and dairy free*

Date: Friday, February 13th

Time: 7pm

Investment: \$ 75 per couple

*Space is limited to 3 couples, so please register early.

info@OasisHealth.ca

Please mention any food allergies or sensitivities when booking

Chocolate Truffles

The rich chocolate dessert is difficult for chocolate-lovers to turn down.



- 1/2 cup dates
- 1/2 cup water
- 1/3 cup cashew butter
- 100g Organic Dark Chocolate
- Shredded coconut
- Chopped nuts

In a small saucepan simmer dates and water over medium low heat for 5-10 minutes until thickened. Set aside.

Melt chocolate over a double boiler over low heat.

Add cashew butter to thickened dates and then add in melted chocolate. Stir all ingredients well and then cool in the refrigerator for 2 hours or until firm.

Take a teaspoon sized amount of truffle and roll into a ball and then into chopped nuts or shredded coconut .

Yields about 25 Truffles

Benefits of Dark Chocolate

According to a study published the Journal of American Medical Association, eating a small portion of DARK CHOCOLATE each day can lower your blood pressure - without adding pounds!

The findings are interesting because they suggest it takes only a 6.3 gram serving of dark chocolate per day - only 30 calories worth - to lower blood pressure. Dark chocolate's heart healthy effects are thought to be due to the action of flavonoids which has anti-oxidant affects.

If you're planning to add dark chocolate to your diet, be choosy. Read labels to look for bars that are organic and that contain at least 70 percent cocoa solids (cocoa mass).

**Referrals are
 Appreciated**

Your referral could profoundly benefit a persons health & wellbeing!