

# ***February Newsletter***

***February is Heart Health Month***, so I thought it would be appropriate to kick off this month with a discussion on keeping your heart healthy naturally. Here are a few tips, including healthy eating and supplements, that will benefit your heart.

Making appropriate food choices will have a big impact on the health of your heart. For example, your diet should consist primarily of vegetables and fruits with small portions of lean meats (grass-fed when possible), whole grains (like oatmeal, brown rice, quinoa, and beans), and healthy fats (for example, olive oil, avocado oil, nuts, ghee, and coconut oil). You should stay away from things like fried foods and foods with trans fats. Also, removing sugar from your diet or at least limiting it is one of the most important things you can do to keep your heart healthy. Why do you ask? Sugar is inflammatory and believe it or not it can cause inflammation everywhere in your body, including in your blood vessels. Try to limit processed and packaged foods as well.

Supplements can be added to your diet in order to keep your heart healthy. Omega 3 oil is very important for heart health and good cholesterol (HDL). If you are not eating at least three servings of fish per week, then you should be supplementing with an omega oil. I prefer Nordic naturals because it is high quality and tested for impurities. Are you a vegetarian? No problem you can get an omega supplement from algae. Next, Standard Process makes a great whole food product called cardio plus. Cardio plus is a fabulous source of naturally occurring CoQ10 (also very important for your health). **Side note:** if you are taking a statin or cholesterol-lowering, medication it is imperative that you supplement with CoQ10 because it can help to stop some of the negative side effects of these medications. Standard Process also has garlic and cayenne pepper supplements that are fabulous for circulation. Finally, magnesium is an important supplement for the heart because it can promote a regular heartbeat, and it is a muscle relaxer (your heart is a very strong and powerful muscle).

Finally, let us talk about the most important thing you can do to keep your heart healthy, and

*that is stress management! Trust me, you can do all of the things I spoke about above and even more, but if you are high stress and not managing it well, your heart could pay the price. Stress is a tough one because life is fast-paced and stressful. Also, we can't always control the circumstances that cause our stress, so the key is to learn how to manage our stressful emotions in the midst of our circumstances. Some of my favorite ways to manage stress are meditation, walking my dog, spending time outdoors, a good book with a hot cup of tea fireside, watching funny movies, gratitude journaling, and weekly date night with my hubby. That being said, what works for me may not work for you, so take some time to find things you love that are relaxing, and make sure you make time each week for these things. Your HEART, mind, and body will thank you for it.*

*Peace & Happiness,  
Brooke*

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### **Product Highlight**

#### **Omega 3 Oils**

As mentioned at the beginning of our newsletter, omega-3s are foundational to cellular health, and fundamental to optimal health. Omega-3 fatty acids come from two main sources: marine sources like cold-water fish and algae, and plant-based sources like flax and green vegetables. At Southboro Wellness we carry various fish oil products and algae from Nordic Naturals - for children and adults.

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Meet Kim Edgren - our local superhero! Kim grew up in Southboro, started a successful business here and continues to deepen her roots within the surrounding communities. From creating and launching a wonderful daycare to building awareness of Congenital Heart Disease, Kim's story is one you will want to hear.

Link to Interview: <http://www.southborowellness.com/educational-videos>

Wee Care For Little People - [www.weecarelittlepeople.com](http://www.weecarelittlepeople.com)

Adult Congenital Heart Association - <https://www.achaheart.org/>

ACHA Walk - <https://www.achaheart.org/walk1in100>

**Southboro Wellness**

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### ***Recipe of the month***

*Love nachos but still want to eat your heart-healthy veggies? Here's a perfect balance! To reduce the carbs even further, omit the black beans and fresh corn.*

#### **Ingredients**

- 1 lb ground beef, chicken or turkey
- 1 15 oz jar of your favorite salsa
- 1/4 cup shredded Mexican-blend cheese
- 1 can black beans, rinsed and drained
- 1 red bell pepper, chopped
- 1 poblano pepper, chopped

- 2 ears fresh corn, kernels removed
- 1 serrano pepper, sliced
- 1/2 cup cherry tomatoes, halved
- 1 avocado, sliced or chopped
- 1/4 cup chopped cilantro
- Tortilla chips (blue corn), Falafel Chips or Rice Crackers work great too.

## Instructions

1. Cook the ground beef, turkey or chicken in a medium cast iron pan until no pink remains. Drain off any fat. Stir in 3/4 cup of the salsa. Season with salt to taste.
2. Top with the remaining ingredients. Serve with tortilla chips for scooping. (Alternatively, you can place tortilla chips on a platter and top with the other ingredients.)

This is also delicious with cauliflower rice.




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## Book Recommendation

***Badass Ways To End Anxiety & Stop Panic Attacks***  
*"Managing" your anxiety and panic attacks*  
*belongs to the past. It's time to recover.*

This book will uncover science-based and counterintuitive techniques that are designed to end unwanted anxiety and to stop panic attacks.

**Badass**  
 Ways to  
**End Anxiety**  
 & Stop  
**Panic Attacks !**

"A counterintuitive approach to recover and regain control of your life"

Die-Hard and Science-Based Techniques to recover from Anxiety and Stop Panic Attacks

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## STORE HOURS

**M, W, Th: 10am to 6pm**

**T: 10am-2pm**

**F: 10am to 5pm**

**Sat: 10am-1pm**

**508-353-0483**

**[southborowellness@gmail.com](mailto:southborowellness@gmail.com)**

**(We are located between Red Barn & Sperrys  
on Route 9 West)**



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You've got this! Keep moving forward and don't give up. Your body has an amazing ability to heal itself when it's treated well, but remember healing takes time. We are here to support you on your road to health and well-being. No question is too small, stop by the store or reach out via email/phone anytime.

Be well,

*The Southboro Wellness team*