



Doug Chadwick

## Two Risk Factors for Heart Health

February is American Heart Month! There are several risk factors to watch for when it comes to heart health, some of which you have no control over (age, family history, sex). I'm going to focus on two factors that you can help control: cholesterol and blood pressure.

### Cholesterol

Cholesterol helps your body build new cells, insulate nerves, and produce hormones. Normally the liver makes all the cholesterol you need. But cholesterol also enters your body from food, such as animal-based foods like milk, eggs, and meat.

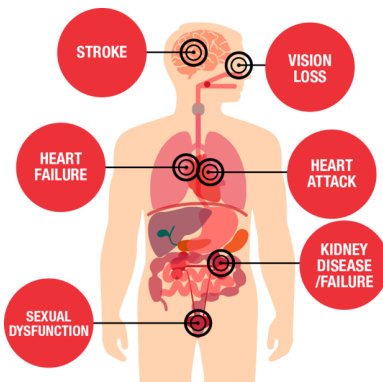
When there is too much cholesterol in your blood, it builds up in the walls of your arteries, causing a process called atherosclerosis, a form of heart disease. The arteries become narrowed and blood flow to the heart muscle is slowed down or blocked. The blood carries oxygen to the heart, and if not enough blood and oxygen reach your heart, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

Low-density lipoprotein (LDL or "bad" cholesterol) is the main source of artery-clogging plaque. High-density lipoprotein (HDL or "good" cholesterol) actually works to clear cholesterol from the blood. A variety of factors can affect your cholesterol levels: diet, weight, exercise, medical conditions, and medications. It's important to have your cholesterol levels checked regularly.

### Blood Pressure

One U.S. adult out of every three has high blood pressure. According to a new analysis published in the *Journal of the American Medical Association*, based on more than 8 million people from 154 countries across 844 studies, the problem of elevated blood pressure is worldwide, and it has serious consequences.

High blood pressure is a largely symptomless disease that often quietly threatens your health. Left uncontrolled or undetected, high blood pressure can lead to heart attack, stroke, heart failure, kidney disease or failure, vision loss, sexual dysfunction, angina, and peripheral artery disease (PAD).



High blood pressure (HBP or hypertension) is when your blood pressure, the force of your blood pushing against the

walls of your blood vessels, is consistently too high. Blood pressure is the result of two forces: the first force (systolic pressure) occurs as blood pumps out of the heart and into the arteries that are part of the circulatory system. The second force (diastolic pressure) is created as the heart rests between heart beats.

The primary way that high blood pressure causes harm is by increasing the workload of the heart and blood vessels—making them work harder and less efficiently. Over time, the force and friction of high blood pressure damages the delicate tissues inside the arteries. In turn, LDL forms plaque along tiny tears in the artery walls.

Not everyone needs to take a medication for high blood pressure. It's possible to lower your blood pressure naturally through changes in diet and exercise. The important thing is to start paying attention to blood pressure early. Know your numbers, understand the symptoms and risk, and make changes that matter.

### Supplements for Heart Health

Studies show strong evidence that Omega-3 fatty acids from fish oil can help lower blood pressure and triglyceride levels and reduce the risk of heart attacks, strokes, and death from heart disease. The different types of Omega-3 fatty acids can be confusing. I like Ocean Blue's Omega-3 2100. This brand has the highest combination of EPA, DHA, and DPA with no fishy aftertaste. A bottle of 120 softgels is just \$48.99.

As a coenzyme, CoQ10 is a simple molecule that plays an important role in optimal heart function and avoiding heart attacks. CoQ10 works to lessen problems associated with congestive heart failure by physically improving the heart's pumping capability. It's also imperative for anyone taking a statin as statin medication depletes the CoQ10 levels in your body. I recommend Designs for Health's CoQnol. A bottle of 60 softgels is \$32.99.

One page is not enough to cover these two important risk factors. If you would like to know more, please stop in the pharmacy and ask.

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# For Your Convenience

It is our goal to help you be healthy and stay healthy, all while making life easier for you whenever possible. One way we do that is our delivery service. Here's how delivery works:

- Prescriptions, supplements, and OTC items are delivered Monday through Friday between 2:00 PM and 5:30 PM.
- On Saturdays, we deliver between 10:00 AM and 12:00 PM.
- You will receive a call the morning of your delivery verifying your address and whether you will be home to receive the delivery.
- Our delivery fees range from \$5 to \$10 depending on how far you are from the store. Any deliveries that have four or more prescriptions are delivered FREE.

If you would like more information on our delivery program please give us a call, and ask for Sharon.



If you enjoy receiving this free monthly newsletter, please tell a friend!  
We appreciate your help and support!



Sharon Conley

## Antioxidant Support

Resveratrol is part of a group of compounds called polyphenols. They're thought to act like antioxidants, protecting the body against damage that can put you at higher risk for issues like cancer and heart disease.

Found in the skin of red grapes and also in peanuts and berries, resveratrol may provide antioxidant support as well as promote the activation of the SIRT1 gene, often referred to as the longevity gene.

Resveratrol has been studied for its support of cardiovascular health. It can help at reducing inflammation, lowering LDL (also known as bad cholesterol), and making it more difficult for clots to form that can lead to a heart attack.

I like Cardiovascular Research LTD's Resveratrol. Adults should take one capsule daily with food. A bottle of 60 capsules is \$19.99.



## Essential Oils TIPS & TRICKS

### Three Clever Household Uses for Essential Oils:

**Peppermint Mouse Bombs:** Strong peppermint odors are too much for mice and rats to handle. One whiff and they look for a different place to call home. Place six drops each of peppermint oil on cotton balls and place them in areas you have seen rodent activity. Refresh them with six more drops once a day. You should see activity cease within three to four days. Repeat as needed.

**Minty Fresh Fridge:** Spearmint and Grapefruit combine with baking soda to absorb odors and leave your fridge smelling fresh and clean. In a medium bowl, whisk eight ounces of baking soda, 10 drops of grapefruit, and five drops of spearmint. Put mixture in an uncovered glass jar and place in back of fridge. Repeat every six to eight weeks.

**Aromatherapy Dryer Sheet:** Put 10-15 drops of your favorite essential oils on a clean washcloth and toss it in the dryer with your damp clothes. Run the dryer as usual and your clothes will emerge with a fresh scent.

Stop in and ask, if you have any questions!



# THE BEST MEDICINE

“Dad, can you write in the dark?”

“I think so. What is it you want me to write?”

“Your name on this report card.”

*“Don’t hesitate to be corrected, because correction is the best medicine for progress.”*

**- Unknown**

# Proverbs to Live By

## Learn to Accept Discipline

*Proverbs 13:18 – He who ignores discipline comes to poverty and shame, but whoever heeds correction is honored.*

*Proverbs 25:12 - Like an earring of gold or an ornament of fine gold is a wise man’s rebuke to a listening ear.*

At times, all of us do things we should not do. We need to be corrected, and it is wise to accept such discipline. While discipline is not pleasant it can be worth more than gold. To ignore correction is to invite shame and trouble into your life.



# FEATURED COMPOUND

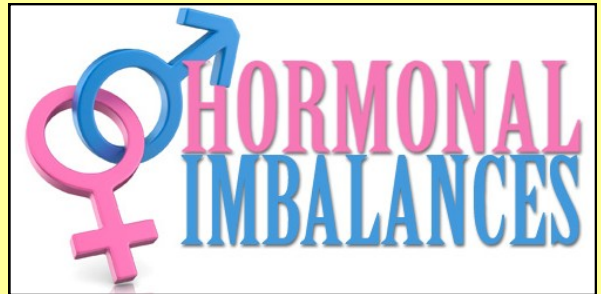
## Hormone Imbalance Issues



A hormonal imbalance affects more than your mood. It can be responsible for a number of related health concerns, including...

- Hot flashes/night sweats
- PMS
- Post-partum depression
- Vaginal dryness
- Irregular menstrual cycles
- Fibrocystic breasts
- Decreased libido
- Painful intercourse
- Infertility
- Chronic Fatigue
- Muscle/join pain
- Weight gain
- Insomnia
- Headaches/migraines
- Loss of muscle mass/strength
- Foggy thinking

Hormonal imbalance is something everyone will experience; however, it seems people are beginning to experience the symptoms at younger and younger ages. Here are some causes: xenoestrogen (interferes with the proper function of your endocrine system, found in beef/dairy, cleaners, personal care products, and more); sex hormone-binding globulin (a protein that binds to hormones caused by age, caffeine, and mineral deficiencies); pregnancy and childbirth; genetic predispositions; stress; candida (yeast overgrowth that can produce a waste product that mimics your hormones); thyroid-binding globulin (protein produced in the liver that binds to thyroid hormones and prevents them from being used by the body); the aging process; and hormone-based contraception (utilizes synthetic hormones that can alter your body’s ability to create natural hormones).



Each person’s body is different and has its own unique needs, but commercially manufactured products tend to be “one-size-fits-all” and do not account for these differences. We can use saliva testing to determine exactly what your body needs and develop hormone replacement therapy in our compounding lab specifically for you, with hormones that match exactly what your body makes naturally.

**If you or someone you know is struggling with the symptoms of hormone imbalance, please call Sharon at (325) 655-3146.**

# Roll-On Relief



Keep MyGrastick handy and the next time head or neck discomfort strikes, you'll be prepared. MyGrastick contains steam-distilled essential oils of peppermint and lavender to quickly ease stress and provide a cool refreshing sensations right when you need it.

Apply MyGrastick to pressure points such as temples, wrists, and back of neck as soon as unpleasant sensation arises.

Pick one up today for just \$9.99!

# 20% OFF

## ONE REGULARLY PRICED NUTRITIONAL SUPPLEMENT

One coupon per customer. In store only.  
Good through February 28, 2017.

