

TAKING YOUR HEALTH TO HEART

Welcome to the February edition of my newsletter! In keeping with the theme of the season, this month's focus is on heart health.

On February 11th I will be offering two "heart-themed" events:

Heart-Health Mini-Consultations: 20 - minute consultations consisting of a body assessment (including blood pressure, blood sugar, body fat% ...) as well as nutrition, supplement and testing recommendations.

"Love Potions and Lotions": A fun, hands-on workshop where we will learn to brew up some special concoctions for Valentine's Day (you'll go home with a tea and a massage oil).

Just a reminder that I will be on maternity leave for the month of March (supplements can still be ordered by calling 485-6161).

In Health and Wellness,

Mara Hynninen, DNM



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To make an appointment or to request more information, please call 604-485-6161 or e-mail mara@arcanahealth.com

HEART HEALTHY SMOOTHIE RECIPE

1 Banana
 1 Orange
 1 cup Berries
 ¼ Avocado
 2-3 cups Spinach
 1 Tbsp. Ground Flax
 100ml/4oz Water

Blend everything together in a blender until smoothie is creamy.

This smoothie is high in fibre, folic acid, flavonoids and essential fatty acids.



Heart Health Mini-Assessments

20-minute Mini-Consultation
\$30

Saturday February 11th 2012
9am-1pm

Assess your risk for cardiovascular/metabolic disease and hormone imbalances. Consultation includes body assessment (blood pressure, blood sugar, body fat) as well as supplement, nutrition and further testing recommendations.

TOP 4 FOODS FOR OPTIMUM HEARTH HEALTH

1. **Whole Grains:** Eating three servings of whole grains each day can significantly cut the risk of heart disease and stroke. Whole grains contain soluble fibre, which reduces the absorption of cholesterol into your bloodstream, reduces LDL (the “bad” cholesterol), weight and high blood pressure. Examples of good sources of whole grains include brown rice, quinoa, sprouted grain bread, and oatmeal (especially steel cut).
2. **Cold Water Fish:** Cold water fish contain high levels of omega-3 fatty acids, which can lower triglycerides in the blood, reduce blood pressure and reduce the risk of developing blood clots (and therefore strokes). Fish is also an excellent source of vitamin D, and vitamin B12 both of which are required for healthy blood vessels. Consume at least 2 servings per week of the following: herring, sardines, mackerel and wild salmon, trout, sablefish. Avoid tuna, swordfish, sea bass, marlin, tilefish, shellfish, and shark.
3. **Nuts:** Nuts are high in fibre and omega-6 fatty acids and polyunsaturated fatty acids – all of which are good news for your heart! A handful of nuts (such as walnuts, almonds, hazelnuts and pecans) per day can reduce LDL levels, reduce the formation of blood clots and improve the health of the lining of blood vessels. Choose raw nuts and avoid roasted, salted or sugar-coated.
4. **Berries:** brightly coloured berries are high in anti-oxidants called “polyphenols.” These plant chemicals provide protection for blood vessels, help reduce blood pressure and reduce LDL cholesterol. Try blueberries, pomegranates, cranberries, raspberries – the brighter the better!
5. **Dark Leafy Greens:** These veggies (which include spinach, kale, chard, arugula, romaine lettuce, and sorrel to name just a few), are chock full of fibre, folic acid as well as heart healthy minerals such as magnesium, calcium and potassium. Folic acid helps to lower homocysteine blood levels, which are associated with elevated heart attack and stroke.

TARGETED NUTRITION: SUPPLEMENTS FOR A HEALTHY HEART

FISH OILS: Fish oils contain high amounts of the omega-3 fatty acids EPA and DHA, both of which have been clinically proven to reduce risk for cardiovascular disease. Benefits include reduction of triglycerides, increase in HDL ("good cholesterol"), suppression of blood clotting, reduction of atherosclerosis and improvement of arterial wall tone.

PHYTOSTEROLS: (or plant sterols) inhibit the uptake of both dietary and endogenously produced cholesterol (cholesterol produced in the body) from the intestine. This results in **lower** total cholesterol and LDL blood cholesterol levels, thus reducing the risk of cardiovascular disease (CVD).

B6, B12 AND FOLIC ACID: Supplementation with these B-vitamins drastically reduces homocysteine levels in the blood. Elevated homocysteine levels are associated with increased risk of cardiovascular disease, including stroke.

L-CARNITINE: Helps to maintain blood lipid levels in normal range, including total cholesterol, LDL cholesterol, lipoprotein(a) and triglycerides. It facilitates fatty acid use in the heart, promotes rhythm, myocardial blood flow and cardiac output.



Fish oil supplements can help to maintain healthy cholesterol levels.

Arcana Health's Top 5 Cardiovascular Supplements

1. *Thorne Omega with Q10*
2. *NFH Cardio SAP*
3. *NFH Chol SAP*
4. *Salus Hawthorn Juice*
5. *NHF Trident EPA/DHA*

All 15% off for the month of February

CO-ENZYME Q10: Supplementation of Co-Q10 is associated with reduced blood pressure, improved cardiac function, improved postoperative recovery and reduced heart attack related mortality.. Supplementation is crucial in patients who are taking statin drugs (i.e. Lipitor).

Love Potions Workshop

Saturday February 11th 2012
2pm-4pm

This is a fun and cheeky hands-on workshop. Learn to make a tea and massage oil geared towards spicing up your love life!

I'll also be demonstrating and serving up some tantalizing treats... Karma Sutra Shake or Orgasmic Punch anyone?

\$20 per person

(Includes all supplies)

ARCANA HEALTH LTD

Mara Hynninen, Doctor of Natural Medicine

Located in:

VITALITY NATURAL WELLNESS CLINIC

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MARA'S OFFICE HOURS

TUESDAY: 10am-4pm

WEDNESDAY: 10am-4pm

FRIDAY: 2pm-8pm

SATURDAY (1/month): 10am-2pm

(Sat. Feb 11th)

Supplements and Remedies can be picked up at:

VITALITY NATURAL WELLNESS CLINIC

During

RETAIL AND RECEPTION HOURS:

Monday-Friday 10am-4pm