

February Newsletter

American Heart Health Month



February, 1 2019

Heart disease is the leading cause of death among adults in the United States. Heart disease occurs when plaque develops in the arteries and blood vessels that lead to the heart. Plaque is a waxy substance made up of cholesterol, fatty molecules and minerals. Plaque accumulates over time when the inner lining of an artery is damaged by high blood pressure, cigarette smoking, or elevated cholesterol or triglycerides.

Risk Factors

- ~ Obesity ~ Insulin resistance or diabetes ~ High cholesterol and blood pressure
- ~ Family history of heart disease ~ Being physically inactive ~ Smoking
- ~ Eating an unhealthy diet ~ Clinical depression

You can't change genetics and family history but there are many things you can do to help yourself:

- ~ Get Body Mass Index into normal ranges which has the most impact on lowering the risk of heart related conditions.
- ~ Use spices to season food instead of salt.
- ~ Consume fruit, vegetables, fish, lean meats, poultry, eggs, nuts, seeds and limit sugary drinks, processed food and red meats.
- ~ Get moderate to vigorous exercise at least 2.5hrs/week and include weight training. The more muscle mass you gain, the more calories you burn.
- ~ Don't smoke and avoid second hand smoke.
- ~ Get enough sleep, drink one or fewer alcoholic beverages daily.
- ~ Practice good dental hygiene, especially flossing.
- ~ Laugh out loud LOL—great stress reducer which decreases inflammation in your arteries and raises HDL- the good cholesterol
- ~ Move it- use the stairs, park on the opposite end of the parking lot or walk to a colleagues desk instead of sending an email.
- ~ Be a kid- let your inner child out- go roller skating, bowling or laser tag. Have fun and burn calories while giving your heart a workout.

If you need help with diet or weight loss, contact me and I will be glad to assist in any way that I can.

Have questions? Shoot me an email winkchiro@comcast.net

Our methods are unique...because they are unique, we are often able to get results that no one else can!

Check out our website drwinkonline.com



DOCTOR SUPERVISED
CHIROTIN
WEIGHT LOSS PROGRAM