

CARING FOR CHOLESTEROL

Caring for our heart health can happen in many different ways, and cholesterol control is one of them.

When you get your cholesterol checked, the results show a number that represents your total cholesterol. This ratio is broken down into two separate components: LDL (our lousy or bad cholesterol) and HDL (our happy or good cholesterol).

LDL cholesterol goes around the body, possibly clogging arteries and wreaking havoc on our health. HDL cholesterol moves around cleaning up after the LDLs bad actions.

Here are some tips that not only can lower our LDL-cholesterol, but that can raise HDL-cholesterol.

- Walk more throughout your day!
- If you smoke, quit.
- Control the portion size of foods that contain cholesterol and saturated fats.
- Control consumption of carbohydrate rich foods such as breads, pastas and rice. More specifically, control consumption of simple carbohydrate foods such as cookies, crackers, high-sugar drinks, etc.
- Read the ingredient list on food labels. If you see partially hydrogenated or hydrogenated oil (any kind of oil) or high fructose corn syrup, try not to eat the food.

RECIPE ♀ THE MONTH



Salmon Patties

You'll Need

- 14.5 ounce can of Salmon
- Salt and Pepper
- Extra Virgin Olive Oil (EVOO)
- White Wine Vinegar
- Oregano
- Cayenne
- 1 Egg
- Lemon Slice

Directions:

- Drain salmon. Flip can over into bowl and lift can. Remove the skin and bones.
- Add egg, EVOO (approximately ½ to 1 tablespoon) and about 1/2 as much white wine vinegar. Add oregano, cayenne, salt and pepper. Mix.
- Take mixture and form "hockey puck" sized patties and place on a paper towel. Place a paper towel over the patties and pat them dry.
- Coat bottom of frying pan with EVOO and turn the stove to Medium/Medium high. Let the pan heat up.
- Once the pan has heated, add patties. Cook until both sides browned.
- Squeeze a lemon slice on patties once they are finished.

WELLNESS NEWS OF THE WEIRD



According to The Cleveland Health Clinic, happiness and a strong sense of emotional vitality helps lower your

risk of heart disease. This sounds like an enjoyable and cheap way to care for our heart health!

STRESS BUSTERS

HeartMath Institute is a research center that has been exploring stress, emotions, behavior, resilience, and other areas by developing transformational tools.



Their techniques have been scientifically proven and used throughout the world to help us in areas of increasing our mental, emotional, and physical symptoms especially for our heart health.

Here is one simple exercise that they have developed:

Take a moment and recall an occasion that you loved and enjoyed. Try to re-experience the great feeling you had there.

Breathe easily and

slowly as you recall this. Sustain this feeling for a minute or two.

Check out their website

www.heartmath.org

BUTTER IS ALWAYS BETTER

When it comes to heart health, always choose butter and say goodbye to vegetable spread.

Butter naturally contains selenium, vitamin A, and vitamin E which are all antioxidants that work at being chronic disease preventers and fighters.

Butter has a rich flavor and the richer the food, the less you need to be satisfied. Too much butter can ruin a meal, but the right amount adds delightful flavor! When we control the portion size of butter, we are controlling the amount of cholesterol we consume.

Many alternative butter products contain fake ingredients. It is always best to check your ingredient label. If all of the ingredients are clean, then it is a good choice.

Butter is not bad it's the amount we consume that can make it bad. Simply enjoying less of the real deal is a healthy way to go.

ASK WILL

How much sodium should we have? Should we try to buy our pantry staple items (i.e. some of the canned goods) that are "low sodium?" What is a good guideline for this?

The recommendation is to have less than 2400mg a day.

Believe it or not, a lot of the excess sodium we consume comes from eating way too many processed foods. We need to pay close attention to prepackaged meals, even if the meal is noted to be organic. If a company chooses not to use synthetic based preservatives or additives, then they may add in extra salt as a natural preservative.

It is always best to prepare foods from scratch. You do not need to always choose the low sodium canned goods. For instance, if I am cooking with a can of beans that contains salt, I will use less salt in the cooking process. Remember, a good cook tastes their food and makes adjustments accordingly.



Salt is kind of like sugar. The less you eat, the less you crave. So, start to limit the processed foods in your diet. This is a great first step in controlling your sodium intake.



HAVE A QUESTION?

Email him:

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