

MedwellNews

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Helping Your Heart

Many medical conditions are related to our heart health. There are many things that we can do to keep our heart in the best shape possible. Here are some tips that can aid us in helping our heart.

We tend to focus on the different types of foods we consume but we must also realize that the amount is just as crucial. When we consume more than our body needs, this can lead to chronic inflammation which may be an attributor to heart disease.

This is not to say that food choices aren't important. Here are some tips on how to incorporate the right foods in a healthy amount.

FRUITS AND VEGGIES

Try to make them at least one part of every meal. The veggies should be the biggest portion on your plate.

REMOVE THE UNHEALTHY FATS

Read the ingredient lists on prepackaged foods. If you see partially hydrogenated—any kind of oil (example: partially hydrogenated vegetable oil) find a replacement food instead.

HEALTHY FATS

Focus on foods that are rich in monounsaturated fats and omega-3 fatty acids. For a detailed list of foods that contain these fats email: nutrition@willclower.com

PORTION CONTROL

Serve yourself a little less than you think you want; then focus on taking your time with your food. Make every bite a special bite. The faster we eat, the more we eat. So taking our time with our food is the first step in portion control.

RECIPE ♀ THE MONTH



Italian Beans and Greens

You'll Need

- 4 large garlic cloves, thinly sliced
- 3 tablespoons extra virgin olive oil
- Pinch red pepper flakes
- 1 can or 1 ½ cups cooked cannellini beans (reserving 1/3 cup liquid)
- 1 ½ pounds of chopped kale (or collard greens)
- Salt and pepper to taste

Directions

- In a medium pot, sauté sliced garlic and red pepper flakes in oil on low heat until aroma is released.
- Add the chopped kale and sauté until all kale is completely wilted.
- Next add beans and simmer until they're heated through but still firm.
- Add salt and pepper to taste.
- Serve with a piece of a baguette.

Play with Your Food

- Top with a little parmesan cheese or Italian sausage.
- If you want the dish to be more like a soup add a bit of water or more bean juice.

Blood Donations Benefits Us And Them

Giving blood takes less than an hour and can help save 3 lives. And there is more news ... not only does donating blood benefit another, it may also serve you too!

It has been suggested that when one repeatedly donates, it may help keep the donors blood flowing better which may prevent arterial blockages hence decreasing risk of stroke.

Donating blood may then be a way to help others and at the same time aid your personal heart health.

You if you are able, consider being a blood donor.

Exercise Is Easier Than You Think!

Many times we hear exercise and instantly cringe. Thoughts of pain and sweaty gym mats may pop in our head. However, current research shows the effectiveness of short bursts of exercise, and the FitBit craze proves this!

Short bursts of exercise really do add up and can aid in weight loss, hypertension control, blood sugar and cholesterol management, stress relief, and better sleep. In fact, this list can go on and on. So don't overwhelm yourself. Instead, work on changing your way of thinking. Create a thought process that leads to short burst of exercises being a part of your day.

Pick one of the strategies below and make it a habit. Once this becomes a habit add on another one.

- Do a set of push-ups before you shower.
- Do calf-raises while waiting for the bus or pumping gas.
- Do squats when on a phone call.
- Do sit-ups or stretch while your coffee or tea brews.

Hypertension, The Silent Killer

Hypertension is known as the silent killer because one does not feel symptoms in the body. It is important to note though that when someone is in a hyper-intensive crisis this could be a cause of stroke. The more we know puts us in a position to help others as well as ourselves. Take note of some of the symptoms below, as outlined by the Mayo Clinic. If you see someone in this state, they may need immediate medical attention.

- Severe chest pain
- Severe headache, accompanied by confusion and blurred vision
- Nausea and vomiting
- Severe anxiety
- Shortness of breath
- Seizures
- Unresponsiveness

Ask Will

I heard stevia is an all-natural, non-calorie sweetener. Should I be using this instead of regular sugar?

Stevia is an herb with active ingredients and research indicates it's safe to use.

We recommend its use when working with severe diabetics. However, for general health we simply encourage using real sweeteners or stevia, but stress the importance of using less. Over time when people return to only using real sweeteners such as raw sugar, brown sugar, white sugar, maple syrup, and honey they start to realize they are satisfied with less.

In fact, this is very apparent in French culture. They do enjoy desserts that are made with real sweeteners but they contain a lot less sugar than desserts do in the United States.

So the take home message is that if you are choosing to use stevia or an all-natural sweetener, the amount consumed is still key.



HAVE A QUESTION?

Email him:
askwill@willclower.com