



## Wellness Widget

Two great exercises for the heart are: walking and strength training. Strength training can include using weights or simply utilizing your own body weight. Consider adding squats and push-ups into your day. Pick up some dumbbells during the commercial break of your favorite tv show or leaving them by your work desk. You may even want to try Pilates (try it online or at a studio).

*“When your heart speaks, take good notes.”*

~ Judith Campbell

## TAKING CONTROL OF TRIGLYCERIDES

Triglycerides...we've heard this term but what are they?

Triglycerides are the major form of fat in both humans and animals alike.

When we eat food and we consume more calories than our body needs, it gets converted into triglycerides and then this gets stored in our fat cells.

These stored triglycerides can be converted into energy when one is not eating between meals.

If we are continually eating more calories than our body needs, we can develop high triglycerides (hypertriglyceridemia).

Through a simple blood test we are able to note the triglyceride count in our bodies. This is usually included in a lipid profile.

Although it is not actually known how, research indicates high levels of triglycerides in the body put one at risk for heart attack and stroke.

Here are a few tips to get you started on preventing high triglycerides and lowering them if they are elevated:

- Limit consumption of high sugar beverages.
- Practice portion control strategies (for a detailed guide email: [nutrition@willclower.com](mailto:nutrition@willclower.com))
- Make regular movement a part of your day.
- Become aware of mindless snacking between meals and work on decreasing this unnecessary snacking.

# Helpful Herbs

Salt is not a bad thing, in fact our bodies need salt. Too much salt is where the problem lies. An easy way to intake too much salt is from processed foods and excessive use of certain condiments.

A great idea to balance out salt intake is to incorporate more herbs into the diet. They add flavor and health benefits! Many herbs such as the various types of parsleys and basil have beneficial properties for heart health. The benefits are present in both fresh and dried herbs. Research indicates a ½ teaspoon of a dried herb adds a lot! To receive the benefit, a good rule of thumb is to use dried herbs within one year, and do not store them in direct sunlight.

## Make Moments Matter

We hear so much about prevention. Do this exercise to prevent heart disease. Eat this food to prevent cancer. Don't eat that to prevent diabetes. Take this supplement to prevent osteoporosis. However, if we focus on caring for ourselves in the moment a lot of prevention just falls into place.

When we eat in a way that supports our overall daily health—so that we can feel more energetic, less moody, fewer aches and pains and digestive issues—this way of eating will naturally benefit our future health.

When we focus on our moments and look at our daily living in relation to the environment this also leads us on the path of disease prevention without the future being the focus. For example, if we make the choice to limit our meat consumption and let go of the additives and preservatives in our diet, we are doing two things that care for the earth's health which, in turn, benefits our health. This approach to eating takes us back to balance and balance is a solution that can last a lifetime!

# The Helpers High

Scientists have coined the term “the helpers high” to describe the endorphins that are released in the brain when one performs an altruistic act. Research demonstrates that when we give of ourselves, we truly benefit. Studies indicate the results may lead to: lower blood pressure and cortisol levels, which is the major stress hormone in the body. It has also been shown to increase self-esteem and lessen depression. In this season where love is the in the air, try to cultivate a feeling of love and joy for one in need. Seek out a shut-in or a single person and take them out or invite them over for a meal. Nurture a child that you know gets teased a lot. Offer services where there is a need in your community whether it be tutoring or feeding the hungry. Babysit for a single parent that you know could use a break. A small act of kindness creates a happy heart and a happy heart is a healthy heart!

## RECIPE CORNER

### Moroccan Style Chickpeas



#### You'll Need

- 1, 15 ounce can garbanzo beans (or approximately 1 3/4 cups prepared from dried state)
- 2 tablespoons olive oil or other oil of choice
- ¼ teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon salt
- 1 tablespoon lemon juice

#### Directions

- In a small bowl on low-medium heat, heat olive oil.
- Add chili powder and cumin for a minute to release flavor.
- Add in all other ingredients and heat through.
- Serve over couscous or rice, with pita, or simply by itself.

#### Play with Your Food

- Sauté a bit of chopped onion with the spices.
- Top with some fresh cilantro.
- Top with some fresh diced tomato.