

ASHBY ADVISOR

Eightieth edition
Heart Edition 2016

In honor of American Heart Month....Let's focus on the "old ticker" for a couple of minutes.

So what are some things we each can do to be more Heart Healthy

- Don't Smoke
- Keep blood pressure, cholesterol and weight "normal"
- Eat a "healthy" diet
- Get 3-4 hours a week of activity that gets your heart rate up
- Keep those stress levels down when possible

Those 5 things have been found to reduce heart disease by 80%. Let me repeat that again 80%!

So what is a "Heart" healthy diet? Well there's the rub. There is some controversy regarding this. For sure you need to avoid trans fats. There is no good amount in your diet. It is thankfully being regulated away. More controversial is saturated fat. If you are consuming "SAT" fats be sure to balance that with mono fats (olive oil/nuts/etc..)

Eat eggs again. Be sure to include the yolk. It's chocked full of good nutrients. Eggs will NOT significantly raise cholesterol in the vast majority of people. If you are battling too high of high LDL cholesterol (the bad stuff) you might look at Citrus Bergamot in a capsule form. It will lower LDL in most people, but will spare HDL (good stuff).

Healthy eating also means limiting the "bad stuff -> processed foods. If it is formed, molded, salted, sugared, pressed, boxed, etc....then it is processed.

Limiting stress usually means avoiding it, but can also mean having relationships that can support you through these eventful times that we all go through.

Let me leave you with a quote from one of my favorite Sci-Fi authors from my high school days, sent to me by a patient recently:

Quote: "In the absence of clearly defined goals, we become strangely loyal to performing daily trivia until ultimately we become enslaved by it" Robert Heinlein 1907-1988, writer.

Look at what you are doing – is it helping you go through life the way you really want?