

FEBRUARY NEWSLETTER

The National Heart, Lung, and Blood Institute recognizes February as national American Heart Month to help remind Americans to focus on heart health and encourage families, friends, and communities to invest in a heart-healthy lifestyle.

How to Invest in a Heart-Healthy Life Style

Exercise: The national heart, blood and lung institute recommends 2 hours and 30 minutes of moderate-intensity aerobic activity (for example, 30 minutes 5 days a week) or 1 hour and 15 minutes of vigorous-intensity aerobic exercise (for example, 25 minutes 3 days a week), or A combination of both moderate-intensity and vigorous-intensity activity.

Eat Healthy Foods: Invest your time and effort into making a conscious effort of choosing healthy foods for your heart and body. The Mediterranean and the dash diet are both great dietary approaches to eating healthier and improving overall health and wellness. They both recommend eating vegetables, fruits, and whole grains. Eating healthier meat options such as fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products. We also want to make sure to limit foods that are high in saturated fat and sodium, as well as limiting sugar and other sweeteners.

Numbers: Make sure to invest time in a quarterly doctors visit and ask for lab work including your blood pressure, your blood cholesterol and ask your doctor how they are impacting your health and make sure to make a personal wellness plan.

Stress: Stress can contribute to high blood pressure and other heart risks. Not getting enough sleep or regularly getting poor quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Most adults need 7–8 hours of sleep a night. Invest in meditation, being more physically active, doing relaxation therapy, and talking with someone you trust can help you cope with stress and sleep better.

Be Smoke-Free: The chemicals in tobacco smoke harm your heart and blood vessels in many ways. Quitting is hard, but many people have succeeded, and you can too. Set a quit date and let those close to you know about it. Ask your family and friends for support in your effort.

14 Days of Heart Healthy Living

Day 1 Make a wellness plan

Day 2 Make today a salt-free day. Use herbs for flavor instead of salt

Day 3 Make our heart healthy recipe and enjoy a healthy snack

Day 4 Make sure to get 8 hours of sleep

Day 5 Take 5 minutes to stretch in the morning

Day 6 Schedule your quarterly physical. Ask your doctor for your heart health goals.

Day 7 Practice mindful meditation for 10 minutes

Day 8 Take 30 minutes to practices vigorous aerobic activity

Day 9 Eat vegetarian for a day

Day 10 March in place during commercial breaks to get your heart going.

Day 11 Fill half of your lunch and dinner plates with vegetables.

Day 12 Reduce stress using relaxation techniques.

Day 13 Practice 30 minutes of relaxing Yoga

Day 14 Go over your hospital labs and email your doctor



Velvety Vegan Chocolate Mousse

Directions

1. Place coconut cream in the refrigerator overnight. (I also like to place my bowl and whipping beaters in the refrigerator as well, as it helps the stiff peaks to form faster)

2. In a large metal bowl add cold coconut cream and beat until stiff peaks form. (You can either do this by hand with a whisk, if you feel like building up some muscles, or with an electric beater)

3. Melt the dark chocolate bar in a microwave, first coarsely chop the chocolate (Save other 20 grams for garnishing or snacking) Place in a microwave safe bowl and heat on 50% power for 1 minute (only put in microwave for 15 seconds at a time and stir and check- do not over heat as chocolate will break).

4. Remove from the microwave and stir. Continue this process until the chocolate is almost melted.

Then stir until the chocolate is smooth.

Alternatively, you can melt chocolate slowly on top of a double boiler but make sure that the water on the bottom is barely simmering

5. Gently fold melted chocolate into whipped coconut cream until well mixed. 6. Spoon velvety chocolate mousse into glass dishes or martini glasses and garnish with chocolate curls or coconut sugared cranberries or raspberries. Enjoy the chocolate buzz!

Ingredients

Dark chocolate 70 - 190 grams (about 1 cup-chopped)

Dairy free - coconut cream - 15 ounces (443 ml)



Dark Chocolate

Switch out the high calorie, milk chocolate bar with added sugar for a nutrient dense and flavorful bar of dark chocolate this Valentine's day. Did you know, dark chocolate is rich in antioxidants and flavonoids. Most dark chocolate is high in flavonoids, particularly a subtype called flavanols that is associated with a lower risk of heart disease. Some studies suggest chocolate or cocoa consumption is associated with a lower risk of insulin resistance and high blood pressure in adults. In a 2017 study that closely controlled what people ate, researchers found that eating raw almonds, dark chocolate and cocoa helped lower "bad" LDL cholesterol in people who are overweight or obese.

Red Wine

Choose red wine for dinner tonight! Studies have shown that red wine in moderation can have many heart health benefits. Wine has an abundant amount of antioxidants and resveratrol that can increase levels of (HDL good cholesterol) and decrease levels of (LDL bad cholesterol) which can help prevent coronary artery disease.

If you already drink red wine, make sure it is in moderation. For healthy adults, this means up to one drink a day for women of all ages and up to one drink a day for men older than age 65.

One Drink is equivalent to.....

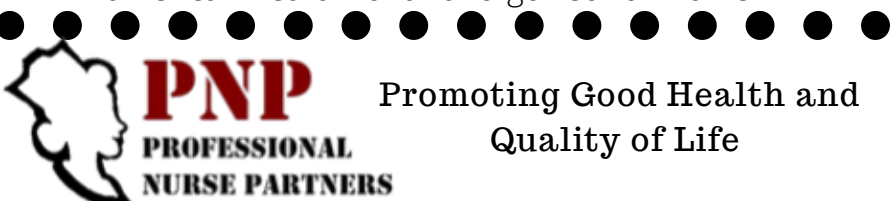
12 ounces (355 milliliters) of beer

5 ounces (148 milliliters) of wine

1.5 ounces (44 milliliters) of 80-proof distilled spirits

<https://www.hwcmagazine.com/recipe/velvety-chocolate-mousse/>

<https://newsroom.heart.org/events/february-2020-american-heart-month-and-go-red-for-women>



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