

The Importance of our Hearts

Keeping our hearts strong and healthy involves physical care as well as emotional and spiritual care. Our physical care includes eating right for our type, taking targeted and specific supplements that support cardiovascular health and getting regular exercise. These three elements provide the cornerstone for healthy heart function and are an essential investment in our long-term health and well-being. As Peter wrote in the [Cardiovascular Book](#), "Your heart is an amazingly resilient organ. Alexis Carrel, the famous experimental biologist who received the 1912 Nobel Prize in Physiology or Medicine, concluded that, given an optimum supply of nutrients and oxygen, the heart is capable of functioning perfectly for over two centuries."* Two centuries. Take some time and ponder that!

Check-in with your Heart

Taking time to regularly check in with our "hearts" is important. I have found it very helpful at the end of the day before I go to sleep to do a quick review of the day. Did I get done everything I needed to? Did I say everything I needed to say? What were those things that made me happy and joyful? Were there any sadnesses, any frustrations that are still unresolved? How am I am feeling about this?

How to do Heart Meditation

Over the years this nighttime process has taken on the form of a nightly meditation. Once I settle in to bed, and close my eyes, I take three deep cleansing breaths, each one relaxing me a little bit more. Beginning at my feet, I work my way up my body...relax my feet, feel them melt into the bed, relax my ankles and calves, release any tension, I am holding in these areas and let it melt away. I continue all the way up my body, and when I am finished, I focus on my heart, breathing in and out, aware of the heartbeat, aware of the blood flowing throughout my body. I surround my heart with a golden light, picturing this in my mind's eye. The light pulses in rhythm with my heart, and with each breath, it grows bigger...bigger than my body, the bed, the room, the house, the town, the state, the country, the world, the universe. Infinite light, connecting me to the universe and the universe back to me.

I give thanks for my life and those I love, I send thoughts of loving kindness to those in need, and I relax deeper into the light.

Some nights, this is a quick review; other nights, I fall asleep midway through it! And still others, it takes me a long time to reflect on the issues of the day that may be hanging on or bothering me. When this occurs, I try to isolate as best as I can what the issue is so that I can bring my attention to it in the morning and get it resolved.

Benefits of Heart Meditation

I have found this "clearing" of the day very helpful as it allows me to relax and let go of all the "doingness" of the day and just be, breathing in and out, fully relaxing, fully feeling and fully releasing. It makes for a better night's sleep and a "light heart!"

Heart Health

[Eating right for your blood type](#), meaning eating mostly Beneficials and staying away from Avoids, can have a big impact on your heart health. Exercising regularly and [right for your type](#) is also a way to ensure a healthy heart. Additionally, [supplementation](#) is important to fill the gaps you may be missing in your diet or just give you that extra advantage when it comes to managing heart health. If you are currently struggling with heart issues, check out Dr. Peter D'Adamo's heart-specific book, [Cardiovascular Disease: Fight It With The Blood Type Diet](#).



By cultivating an inner dialogue with ourselves, we can stay current with our feelings, identify issues before they become bigger than they need to, and insure that we are expressing ourselves fully and authentically in our lives.

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Promotion: Healthy Heart Support Pack



20%
OFF

Now

\$146

only RP: \$183
(per Pack)

Genoma Cardia \$59

Nitricycle \$55

Genoma Derma \$69

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Genoma Cardia:

A combination of Hawthorne Berry and L- Taurine.

- Hawthorne have been used to help to increase coronary blood flow, enhancing oxygen flow to and utilization by the heart. It helps to maintain cardiovascular functions while also lowering blood pressure and cholesterol.
- L-Taurine is an amino acid apparently used extensively in rebuilding heart muscle.

Nitricycle:

- Nitric Oxide functions as a "signaling molecule," influencing learning, blood pressure, heart/arteries, immunity and the nervous system. The amino acid L-Arginine known to sustain levels of Nitric Oxide in plasma, prolonging its enhancing effect on muscles and nerves. Nitric Oxide control blood pressure and prevents formation of blood clots by signaling the muscles that control relaxation and expansion of blood vessels.

Genoma Derma:

- Main ingredient L-lysine, an amino acid, is important for proper growth. Lysine has been shown to be useful in the prevention of atherosclerosis, a hardening of the walls of arteries caused by deposit of lipoproteins(fats).
- Another ingredient- Pyrildoxil (vit B60), helps to regulate healthy cholesterol metabolism and good source of RNA and DNA.
- Grapeseed extract, a potent antioxidant, also helps to maintain healthy vascular tissue by increasing the structuring strength of weakened vessels.
- Alpha Lipoic Acid, both fat and water soluble antioxidant, it also enhance insulin sensitivity and improve carbohydrate metabolism.
- Yerba Matte Extract has been shown to be hypcholesterolemic, hepatoprotective, central nervous system stimulant, diuretic, and to be benefit the cardiovascular system.

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Personalized Nutrition For a Healthy Heart

Eating right for your blood type is the foundation for overall wellbeing. And that includes a healthy heart. Your ABO profile (your blood type) can help you understand why certain foods are *Right 4 Your Type* and others aren't. Below are some of the top heart healthy foods for each blood type:



BLOOD TYPE O HEART HEALTHY FOODS

Lean, organic lamb and mutton
Richly oiled cold water fish
Olive oil
Walnuts
Seaweeds
Broccoli
Spinach, kale, collards
Maitake mushrooms
Pineapple
Blueberries, cherries, elderberries
Turmeric

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BLOOD TYPE A HEART HEALTHY FOODS

Soy foods
Richly oiled cold water fish
Olive oil
Walnuts
Mushrooms (maitake/silver dollar)
Garlic
Leafy green vegetables
Blueberries, blackberries, cherries
Pineapple
Ginger
Herbal Teas (chamomile, dandelion, hawthorn)
Green Tea

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BLOOD TYPE B HEART HEALTHY FOODS

Lean, organic lamb and mutton
Richly oiled cold water fish
Cultured dairy foods (yogurt, kefir)
Olive Oil
Walnuts
Shiitake mushrooms
Broccoli
Collards, kale, mustard greens
Pineapple
Cranberries
Herbal teas (dandelion, ginseng, licorice root)
Turmeric
Green tea

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BLOOD TYPE AB HEART HEALTHY FOODS

Soy foods
Richly oiled cold water fish
Cultured dairy foods (yogurt, kefir)
Olive oil
Walnuts
Maitake mushrooms
Leafy green vegetables
Cherries, gooseberries, loganberries
Pineapple
Garlic
Ginger
Green Tea

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5 Steps to a Healthy Heart with Acupuncture



Heart disease includes conditions affecting the heart, such as coronary heart disease, heart attacks, congestive heart failure, and congenital heart disease. Despite dramatic medical advances over the past fifty years, heart disease remains a leading cause of death globally.

By integrating acupuncture and Oriental medicine into your heart healthy lifestyle, you can dramatically reduce your risk of heart disease.

Taking small steps to improve your health can reduce your risk for heart disease by as much as eighty percent. Steps to prevention include managing high blood pressure, quitting smoking, maintaining a healthy weight, reducing stress and improved sleep – all of which can be helped with acupuncture

1. Manage High Blood Pressure

Acupuncture has been found to be particularly helpful in lowering blood pressure. By applying acupuncture needles at specific sites along the wrist, inside the forearm or in the leg, researchers at the Susan Samueli Center for Integrative Medicine at the University of California, Irvine, were able to stimulate the release of opioids, which decreases the heart's activity and thus its need for oxygen. This, in turn, lowers blood pressure.

2. Quit Smoking

Acupuncture has shown to be an effective treatment for smoking. Acupuncture treatments for smoking cessation focus on jitters, cravings, irritability, and restlessness; symptoms that people commonly complain about when they quit. It also aids in relaxation and detoxification.

3. Maintain a Healthy Weight

Acupuncture and Oriental Medicine are an excellent adjunctive tool when it comes to losing weight. They can help to energize the body, maximize the absorption of nutrients, regulate elimination, control overeating, suppress the appetite, and reduce anxiety.

4. Reduce Stress

Numerous studies have demonstrated the substantial benefits of acupuncture in the treatment of stress, anxiety and mental health. In addition to acupuncture, Oriental medicine offers a whole gamut of tools and techniques that can be integrated into your life to keep stress in check. These tools include Tui Na, Qi Gong exercises, herbal medicine, dietary therapy, meditations and acupressure that you can administer at home.

5. Improve Sleep

Poor sleep has been linked with high blood pressure, atherosclerosis, heart failure, heart attacks, stroke, diabetes, and obesity. Researchers have shown that getting at least eight hours of sleep is needed for good heart health and getting less than eight hours of sleep can put you at a greater risk for developing heart disease.

Acupuncture has shown great success treating a wide array of sleep problems without any of the side effects of prescription or over-the-counter sleep aids. The acupuncture treatments for problems sleeping focus on the root disharmony within the body that is causing the insomnia. Therefore, those who use acupuncture for insomnia achieve not only better sleep, but also an overall improvement of physical and mental health.

To learn more our TCM service please call +65 63395570.

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