December 2012

Merry Christmas Everyone! Just keep faith and hope in your heart, and do not forget to help ones who are in need - that would be the best Christmas gift ever, and the most meaningful…

Four things experts want you to know about your heart!

Don’t rely on multivitamins to protect heart health. A large study of doctors found that taking a daily multivitamin didn’t reduce major heart events such as heart attacks, stroke or death from heart disease. Many people take multivitamins under false assumption that they will prevent heart disease or other medical conditions. This study, which was also published in the Journal of the American Medical Association, found that there was no difference in the heart attacks, strokes, and other heart events between doctors who took multivitamins, compared to doctors who received a placebo. The findings of this large study confirm previous smaller studies that found no heart benefit from taking multivitamins. “The American Heart Association has no recommendations for supplements except for fish Oil,” and that's only for people with very high blood levels of triglycerides, Fish oil has been shown to reduce levels of triglycerides, a type of fat found in your blood, among people with high levels.

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You’re never too young to be at risk of heart disease. It's important for people to understand that heart disease when it comes to developing risk factors, as, illustrated by the study showing that many younger people often do not get diagnosed for high blood pressure.
The study examined young adult’s age 18-24 who had high blood pressure and regularly went to the doctor. The young adults were 28% less likely to get a diagnosis and treatment for high blood pressure, compared to adults aged 60 and older. High blood pressure left untreated can damage blood vessels, resulting in the heart attack, stroke, kidney failure and heart failure. Ask your health provider whether your blood pressure reading is normal and – if the answer is no –whether you need treatment.

Heart attacks hurt your wallet as well as your heart. Here’s another reason why fighting heart disease and heart attacks is important: it has a wide-ranging impact on more than your anatomy.
A notable study presented at the conference looked at the economic costs associated with having a heart attack or acute coronary syndrome, both on workers and employers. Researchers analyzed cost data including medical, pharmacy, short-term and long disability claims, and found treating disease is very costly! (continued)
Four things experts want you to know about your heart!
(cont.)

Your reflection may show a future heart problem. What you see in the mirror and what your doctor sees when he examines you may offer keys to future heart problems. Danish researchers found that people who had three to four specific signs of aging–receding hairline, balding at the crown of the head, earlobe crease or yellow fatty deposits (called xanthelasmata) around eyelid, were at increased risk for heart disease and heart attack. Cardiologists have long known that people with earlobe crease and xanthelomas are at an increased risk. But this study tells people "if you’re getting three or four of those markers, it’s a sign that you need to aggressively look at your risk factor levels and make sure that you check with your physician about measures."

If you have some of these signs, there are actions you can take, including talking to your doctor, having your cholesterol levels checked, and working on controlling heart disease risk factors by eating a healthy diet, maintaining proper weight, exercising and not smoking.

Source: health.com

4 keys to healthy aging: Study

Everyone knows by now that eating right, exercising, and shunning smoking and other bad habits increase our chances of having a long and healthy life. If you’re hitting some—but only some–of these goals, it’s better than nothing. But according to a new study, you’re likely missing out on the benefits that come with living a healthy lifestyle across the board.

In the study, which included 5,100 middle-aged British civil servants, those who engaged in the four key behaviors—not smoking, moderate drinking, exercising regularly, and eating fruits and vegetables daily—had triple the odds of avoiding disability, chronic disease. Or mental health problems over a 16-year period, when compared with people who practiced none of these behaviors.

Each of the four behaviors, practiced on their own, increased the odds of what the researchers termed "successful aging by 30% to 50%. When practiced together, however, the behaviors seemed to produce a compound benefit greater than the sum of its parts.

--continuing--
Four keys to healthy aging: Study! (cont.)

**Super food secrets for a long and healthy life**

Individual healthy behaviors that are moderated associated with successful aging, but their combined impact is quite substantial.

Multiple healthy behaviors appear to increase the chance of reaching old age disease-free and fully functional.

The findings suggest that following a healthy lifestyle is a lot like collecting compound interest on a loan or investment.

By treating our bodies with care and avoiding harmful substances over a long period of time, the health effects are compounded.

Over time, because we are free of disability and illness and have more energy, we are able to live more fully and take on more challenges …. There seems to be a virtuous chain reaction in which small positives lead to a critical mass of health and well-being.

**How long will you live?**

The idea that healthy behaviors can amplify each other might seem like common sense. (If you exercise daily but eat only fast food, for instance, you’re probably not getting maximal results.) But the new research is noteworthy for its scope and its attempt to quantify the new benefits of a healthy lifestyle.

The study is among the first of its kind to examine the outcomes associated with combinations of behaviors in midlife, rather than specific health measures (such as body mass index) that reflect those behaviors.

In a recent study, researchers interviewed migraine patients and found that they commonly experienced symptoms such as fatigue, trouble concentrating, weakness, dizziness, lightheadedness, and loss of energy during the post-migraine period.

A holistic measure like successful aging “defines a state of being rather than a set of isolated health outcomes. This is, of course, the status we all aspire to as we age—not just absence of disease or chronic conditions, but having good mental health and being independent and active.

The study, which was published in the Canadian Medical Association Journal, did have some important limitations. For one, it was an observational study, meaning it shows an association and does not establish a cause-and-effect relationship between the various health behaviors and outcomes.

And given that some of the participants were only 60 years old at the conclusion of the study, it’s hard to know whether the findings—especially those regarding mental functioning – will remain steady with time.

*Source: health.com*
Several Foods under 40 Calories

**Pepper green arugula** - loaded with fibers, vitamins A, C, K and mineral-Potassium

**Asparagus** - detoxifying food-acts as a diuretic—packed with vitamins A,C,E,K,B6, Folate, Iron, Copper and Protein

**Broccoli** - Anti–oxidant

**Clear Beef, Chicken, Miso, Seafood or vegetable broth** is nourishing and contains almost no calories

**Brussels Sprout** – loaded with cancer-fighting Phytonutrients

**Red Cabbage** – Packs vitamins, Minerals, Fibers, and phytonutrient that fight Cancer

**Romaine Lettuce** – Source of B Vitamins, Folic Acid, and Manganese

**Beets** - Rich in Iron, Fiber, Folate and potassium

Cauliflower-Full of Cancer-fighting phytonutrient and great source of Vitamin C and Folate.

**Black Coffee** – would lower risk of Liver and Colon Cancer, type 2 Diabetes, and it may help you live longer.

**Grapefruit** - Rich in Vitamin C, Folic Acid and Potassium

**Mushrooms**- Meaty and low calories full of Anti –Oxidant, Potassium, Vitamin B and fiber

**Tomatoes** - Contain Lycopene and prevent Cancer and lower cholesterol

Turnips - High in fiber and vitamin C

**Watercress** - Cleansing vegetable and protects from Lung Cancer

**Zucchini** - Packs lots of Vitamins A

**Spinach** - Rich in Iron, Folic Acid and vitamin K

**Lemons and Limes** - loaded with vitamin C and great source of Fiber.

**Kale** - Packed with Phytonutrient, Cancer prevention

**Garlic** - Fights colds, battles Cancer and even ward off urinary Tract infections

**Peppers** - Packed with vitamin C

**Onions** - Protect against Endometrial Cancer

**Pumpkin** - Rich in Potassium and Beta Carotene

**Radish** - Packed with Potassium, Folic Acid and vitamin C

**Tea** - Antioxidant that protects cells from the DNA damage, lowers LDL, wards off osteoporosis

**Fennel** - Freshens Breath, soothes cough and flattens belly

**Celery** - Crunchy salty and fibrous

**Berries** - Full of anti-inflammatories, reduce heart disease

**Carrots** - very low in Saturated fat and cholesterol

*Source: health.yahoo.com*