

Natural Healing Express Weekly

Column 218 Secrets of Longevity – An 8 week program - Get a Healthy Heart

We are seven weeks into our series based upon Dr. Mao Shing Ni's "Secrets of Longevity". For week one, it is recommended that one detoxes the body. For week two, the recommendation is "sleep for restoration". In week three, we discussed Creating Energy and Stamina. In week four, we chatted about great methods for Reducing Stress and Elevating Mood. At the five week mark, we discussed building immunity. In week six we chatted about Eating Like A Centenarian. This week, just in time for Christmas, we will discuss Getting a Healthy Heart.

To live a long and healthy life, great care of your heart (in all ways) is crucial. As most of you are already aware, we work with clients while always bearing in mind their unique BIO-Individuality. What BIO-individuality means is that each person is made up with a unique set of Behavioral, Physical, Intellectual, Emotional and Spiritual aspects. So, when we work to help a client master THEIR health, we look at THEIR specific challenges and of course, THEIR BIO-Individuality. The reason I am sharing this with you today is because this article deals with a few layers of the "BPIES" as I like to call them.

Let's begin with the Physical aspect. Heart disease is one of the leading causes of death in the US. You probably know someone who has passed because of it or a perhaps a related complication. Maybe even this year. People, this is preventable! Yes, I know you will hear -- and probably even BELIEVE that some diseases are hereditary.

However, has it come to your attention that perhaps the reason your grandmother was overweight and your mother was overweight and you are overweight is because you make the exact same "PIE" recipe? Yes, family is genetic, but we are also kin and of the same "tribe" if you will in the kitchen. As in, why is the step kid overweight? Possibly because we are of the same family of "kitchen masters"?

What I mean here is that unless something major has happened to change the overall eating habits of a certain individual in the family, hence a disharmony; you are more than probably a product of the wonderful recipes that have been passed down from the time the wagons crossed the Stagecoach Trail. SUGAR. FLOUR. YEAST. I am not being critical here; I LOVE the tradition of families sharing recipes. I just don't want Grandma's triple chin and I darn sure want out of that blankety blank WAGON.

So, what do we do to protect our heart, minimize cholesterol, reduce stress and eat our way to a better heart? Here are a few suggestions:

1. Cut out the Salt and Butter. Oh good lord, I am always up for a fight if someone wants to take MY popcorn bowl away at the movies. Possibly because I only go about once a year as a treat. And, I love that bowl. But, I try not let it follow me home. "Movie theater butter? In a saran wrap snack bowl? Really? Come on now, how can it be movie theater butter if it's in MY microwave? Well, truth be told, probably NONE of any of this IS truly butter. You are much better off having plain popcorn (at home). And, if you have to have the butter – make it REAL butter and minimize it. And if you have to have salt – Make it Sea Salt.

2. Hawthorn is fabulous for Heart Health – this herb gets it done. It is used to clean the blood of plaque and other toxins. It is known for its anti-inflammatory and anticlotting properties. If you are having heart concerns, do your research on this herb. Your doctor may have already suggested it.
3. Clear the clutter – Stress is the catalyst for a whole host of disharmonies. We have done so many columns on stress and stress management, I could line the floor with them, but alas, sometimes the recommendations are easy to adhere too and sometimes they are not. Truth be told in my personal life, I need reminders! So what I say is --Give it your best shot. If I only had three tidbits of advice to give here I would say, First ---Get the ENERGY vampires (toxic people, drama queens, brats) OUT of your life. They cause a lot more damage than you even realize. Punt them for a week or two and see how peaceful your life becomes. The issues they may have caused might still be around, but you can find your peace and in your peace, you can walk through the storm damage. You deserve a re-do. Then cut the ties if necessary. Second, DO what makes YOU happy. Life is too short to go about being crappy. And third, Use your Faith.
4. Do Cardio- the key to heart health is to exercise it! This speeds up metabolism, burns calories, fights the dreaded body FAT and keeps high blood pressure at bay. Walking briskly three times a week is a start!
5. Did we mention Stress Reduction? UNPLUG once in a while. Go for a walk. Come along beside someone who is in need. FIND YOUR JOY.

Now, for the last part of this column, we'll chat about the other aspect of the heart – the emotional side. Which to me, if left unattended can readily take over almost all the other aspects causing our perfectly balanced wheel to become lopsided.

Your heart will lead you many times in your life. Most of the time, I say, “alright”. I believe part of becoming a “real” adult is for one to realize what brings them joy. You know, that emotion that produces a “love” for someone special or an occupation or a hobby. But, I beg you, make sure you are aligned. Walk the walk in peace and harmony with the Lord. It's up to you to use good judgment and partake in authentic emotions, not the ones that are out of control and reactive.

With that said, from my heart to yours – Merry Christmas!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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