



HEALTHY WAY
HEALING

**UPCOMING
COURSES AT
ASSINIBOINE
COMMUNITY
COLLEGE**

**WOMEN &
HORMONAL
IMBALANCE**
February 21st
(6:30 - 8:30pm)

CHRONIC PAIN
March 20th
(6:30 - 8:30pm)



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Clinical Herbal Therapist

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*Looking Forward to
Helping You Achieve
Your Health Goals!!*

THE HEALTHY WAY

VOLUME IV, ISSUE I

FEBRUARY - MARCH '12

Rejuvenate The Heart With “NO”

By: Trisha Coleman CHT, RH

With February being heart health awareness month I wanted to take the opportunity to bring your attention to Nitric Oxide, a very important molecule in the body that is vital for the proper functioning of the cardiovascular system.

What Is NO?

Nitric Oxide (NO) is a chemical messenger manufactured by the body within the circulatory system. It plays many roles: a potent vasodilator (widens blood vessels), improves blood vessel elasticity, improves the function of the cells lining the blood vessels, and prevents inflammation and platelet aggregation within blood vessels (this is what leads to arterial plaque build-up and clot formation). NO's can help lower blood pressure, improve blood flow to all organs and cells and improve overall cardiovascular health.

A person in their 50-60's typically has about half the circulatory capacity that they had in their 20's – this is due to the fact that by the age of 40, the body's production of NO begins to decline.

Over the last several years researchers at the University of Texas have established NO as an essential regenerative substance produced by the body. Research continues to discover NO deficiencies as being the culprit in all kinds of imbalances (bone loss, diabetes, cancer, etc)

Is NO Safe?

We have known for years that diets high in fruits and vegetables can help reduce blood pressure and cardiovascular disease. These foods contain nitrates which are converted by the body into nitrites, which are then converted into NO.

The misconception of nitrate intake *causing* health problems is due to the link between preserved meats and cancer. When heated, nitrates from preserved meats are converted into nitrosamines which cause cellular damage and increased health risk. Fruits and vegetables contain antioxidants and phyto-nutrients that inhibit the formation of nitrosamines and encourage only the production of healthy, beneficial NO. This is why most NO supplements also contain vitamin C and other antioxidants to ensure the effectiveness of nitrate supplementation.

What Increases NO?

Best veggies: kale, beetroot & tops, spinach, lettuce, Swiss chard, Arugula, cabbage, cauli-

flower and broccoli. Herbs such as hawthorn and hibiscus, oh and of course dark chocolate – cocoa increases NO production in the body!

What Decreases NO?

Cigarette smoking, lack of exercise, shallow breathing, junk foods (high sugar, high fat, low nutrient foods) & soda, dehydration, poor sleeping habits – really, just practice common sense ...

The problem is that many people find it very difficult to include enough vegetables (especially the most beneficial leafy green ones) in their daily diet to have a therapeutic effect. That is where supplements can really excel in the treatment of cardiovascular illnesses such as high blood pressure. A good supplement will not only include a natural source of nitrates but also vitamins, minerals and herbs to improve the overall effectiveness in treating and preventing cardiovascular disease.



Set Yourself Up For Successful Healthy Eating

To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps rather than one big drastic change. If you approach the changes gradually and with commitment, you will have a healthy diet sooner than you think.

***Simplify**—Instead of being overly concerned with counting calories or measuring portion sizes, think of your diet in terms of color, variety and freshness—then it should be easier to make healthy choices. Focus on finding foods you love and easy recipes that incorporate a few fresh ingredients. Gradually, your diet will become healthier and more delicious.

***Start slow and make changes to your eating habits over time**—Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small

steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet.

***Every change you make to improve your diet matters**—You don't have to be perfect and you don't have to completely eliminate foods you enjoy to have a healthy diet. The long term goal is to feel good, have more energy and reduce the risk of cancer and disease. Don't let your missteps derail you—every healthy food choice you make counts.


***Plan your menu**—planning ahead will help you avoid grabbing unhealthy choices or hitting up the drive through. Start small with a week at a time and take one day a week to shop and prepare

***Plan for Protein**—Have protein available and ready to eat at every meal. It helps to keep you satisfied longer after each meal. Hard boiled eggs, yogurt, milk, cooked meat in the freezer; raw nuts are all great options.

***Precook and Freeze**—Prepare large batches of hearty soups or chili and freeze them so healthy lunches are ready to grab.

***Think of exercise as a food group in your diet.**

Find something active that you like to do and add it to your day, just like you would add healthy greens, blueberries or salmon. The benefits of lifelong exercise are abundant and regular exercise may even motivate you to make healthy food choices a habit.

For more information sign up for my **free seminar.** 

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FREE SEMINARS
[must pre-register]
STRATEGIES FOR SUCCESSFUL HEALTHY EATING
February 29th
(6:30 pm)

REFLEXOLOGY DEMOS
[must pre-register]
February 12th
(2:00 pm)
February 15th
(6:30 pm)



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