



# emphasis

The Uchee Pines Institute health and news letter



## HOW TO KEEP YOUR HEART HEALTHY

In the United States, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups. One person dies every 33 seconds from cardiovascular disease. In 2022, 702,880 people died from heart disease, which is the equivalent of 1 in every 5 deaths. Taking into account the cost of health care services, medicines, and lost productivity due to death, heart disease costs hundreds of billions of dollars every year.

About 1 in 20 adults age 20 and older have coronary artery disease. In the United States, someone has

a heart attack every 40 seconds. About 1 in 5 heart attacks are silent, meaning the damage is done, but the person is not aware of it. High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease.

As February is Heart Health Month, the Heart Foundation has 5 major tips on how to keep your heart at its healthiest:

1. Creating and keeping a heart healthy diet: Your diet should be a pattern of choosing healthy foods over time. Not just once or twice a day or week, but consistently over

days, weeks, and months. Your diet should include eating a variety of fruits and vegetables and eating them more frequently. Fruits and vegetables have been linked to having a healthier heart and lowers the risk of heart disease. Choose whole grains in foods such as breads, rice, and cereal. Whole grains have dietary fiber, vitamin E, and B vitamins.

Make healthier fat choices; the best fats to choose are monounsaturated and polyunsaturated fats or Omega 3 and Omega 6 fats. You can find these in foods such as avocados, nuts, and sunflower seeds. Try to use

fresh herbs and spices more and use salt less to season your food. The sodium in salt can increase your risk of developing high blood pressure which leads to heart disease.

“Keep thy heart with all diligence; for out of it are the issues of life.” Proverbs 4:23

2. Increase your physical activity: Regular physical activity decreases your risk for having a heart attack or developing heart disease. Staying active helps control common heart disease factors such as high blood pressure, high cholesterol and being overweight. Physical activity strengthens bones and muscles and it can help you feel more energetic, happier, and relaxed. Even moving a little each day is better than not moving at all. Walking is one of the easiest and best ways to get your physical activity in for the day.

The Heart Foundation recommends 30-60 minutes of moderate-intensity physical activity, 4-6 days out of the week. But set reasonable and attainable goals for yourself, start small if you need to and work your way up. Once you get in a routine of physical activity it becomes easier and your body will start reminding you that it's time to work out! Choose activities that you enjoy or that you think you will enjoy. You're more likely to keep physical activity in your daily routine if it's something you enjoy doing. You can also make it a social event by inviting family or friends or even your dog to join in on your activity. Sitting less can help keep your heart healthy and decrease your risk of developing heart disease.

“My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever.” Psalm 73:26

3. Smoking: Smoking is a major risk factor in cardiac arrest. It damages blood vessels that lead to your heart, brain, and other areas of the body. Smoking makes you 4 times more likely to die of heart attack or stroke. When you quit smoking, your risks of heart attack and stroke decrease almost immediately.

“Create in me a clean heart, O God; and renew a right spirit within me.” Psalm 51:10

4. Control your cholesterol levels: Your body makes cholesterol naturally; it is found in foods we eat and is necessary for some functions within the body. There are 2 types of cholesterol, High-Density Lipoprotein, HDL or “good” cholesterol and Low-Density Lipoprotein, LDL or “bad” cholesterol. “Bad” cholesterol can stick to the walls of arteries, which can cause build up, also known as plaque. This plaque can lead to blockages which can cause heart attacks and strokes. Eating too much saturated and trans fats can increase levels of “bad” cholesterol in your blood. Foods like pizza, cakes, pastries, and deep-fried foods all contain saturated or trans fats so you want to try and avoid these foods.

A good variety of fruits, vegetables, whole grains and healthy proteins like legumes and nuts are the best choices to avoid “bad” cholesterol. Knowing where your cholesterol levels are is very important and will help you make better decisions

in your diet; see your doctor and ask for a heart health check-up.

“My son, give me thine heart, and let thine eyes observe my ways.” Proverbs 23:26

5. Understanding and controlling your blood pressure. Blood pressure is the pressure of your blood on the walls of your arteries as your heart pumps it around your body. It plays a very important role in how your circulation ways to work. High blood pressure over time is one of the main factors in heart disease. A few ways to control blood pressure and keeping it low are staying active, minimizing salt intake, and knowing what your numbers are.

“Blessed are the pure in heart: for they shall see God.” Matthew 5:8

\*Bonus tip – “The health of the body depends upon the healthful circulation of the blood.” E. G. White, The Health Reformer, May 1, 1873

“The extremities are chilled, and the heart has thrown upon it double labor, to force the blood into these chilled extremities; and when the blood has performed its circuit through the body, and returned to the heart, it is not the same vigorous, warm current which left it. It has been chilled in its passage through the limbs. The heart, weakened by too great labor and poor circulation of poor blood, is then compelled to still greater exertion, to throw the blood to the extremities which are never as healthfully warm as other parts of the body. The heart fails in its efforts, and the limbs become habitually cold; and the blood, which is chilled away from the extremities,

is thrown back upon the lungs and brain, and inflammation and congestion... is the result." E. G. White, *Healthful Living*, page 179

These six tips are some very important ways to help keep the physical heart healthy; but there is another aspect of our heart that we need to keep healthy, and that is our emotional heart health. The best way to keep our emotional heart healthy is to give it to the Original Heart Surgeon, Our Lord and Savior.

God says in Ezekiel 36:26, "I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh." In giving our hearts to Jesus, He is able to change them and in turn we are able to give and receive love more fully. When we have the love of God in our hearts, our lives are transformed and we receive a "peace that surpasses all understanding." Philippians 4:7

Having this peace takes away stress, anxiety, and depression, which will keep our physical and emotional heart healthy.

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:27



## Acorn Squash Soup

- 2 medium acorn squash (about 3 pounds)
- 3 TBSP extra virgin olive oil, divided, plus more for garnish
- 1 large yellow onion, finely chopped
- 4 garlic cloves, minced
- 1/2 tsp turmeric
- 2 tsp sea salt, plus more to taste
- 4-5 cups vegetable broth or water
- 1 tsp zested fresh ginger (from a 1-inch piece)
- Pumpkin seeds or chopped toasted walnuts, for garnish
- 1/4 cup chopped fresh parsley, for garnish
- Preheat the oven to 400°F.

Halve the squash from top to bottom. Scoop out the pulp and seeds, then coat with 1 tablespoon of the olive oil. Place the squash halves on a rimmed baking sheet with the cut side down. Roast until they are very tender, about 40 minutes. Set aside to cool. When cool enough to handle, use a soup spoon to scoop out the flesh, discarding the skin.

Heat the olive oil over in a large saucepan over medium-low heat. Add onion and cook, stirring occasionally, until softened and beginning to brown, about 15 minutes. Stir in the garlic, turmeric, and sea salt. Cook, stirring until fragrant, about one minute more.

Add the squash and vegetable broth. Bring to a simmer and cook, stirring to incorporate squash, about 10 minutes. Puree soup in a blender in two batches. Be sure to only fill the blender 3/4 of the way, remove the steam vent, and cover with a towel while blending.

Stir in the ginger, taste, and season with more sea salt if you'd like. Divide the soup among bowls and top with a drizzle of olive oil, toasted walnuts, and parsley.



## Passion Flower

Passionflower is a medicinal plant that has been used for thousands of years. It typically grows in the southeast region of the U.S. where the weather is hot, and has the following benefits:

- Treats sleep disorders, such as insomnia
- Reduces anxiety and stress
- Combats depression
- Supports brain health
- Reduces muscle spasms and cramps
- Aids in digestion
- Calms menstrual pain

*From our Lifestyle Center*

### What Our Guests are Saying

Everything surrounded Jesus. It was made so simple to understand that He could accept you and transform you. Once you trust and believe, the physical healing process begins. In spite of the challenges, He will see you through. I had an AMAZING experience and highly recommend this program to anyone seeking alternative treatment.

-Francis



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