

Where has the year gone? Well, where has yet another year gone?? It's festive season again, time for families to get together and enjoy reminiscing over the past year round the family table, or out enjoying the hot nor'wester by the barby!!! Well, main thing is that we come through the festive season to a prosperous new year!! Too many have a big pre-Christmas, or Christmas dinner and keel over from an overloaded heart and finish up in coronary care for their new year - not very prosperous. This edition of **healthbites**, we have a few tips to help keep the 'ticker' ticking.

## Healthy Heart Power

The heart is the most important and most active muscle in the body. In addition to the heart health benefits of exercise and a healthy diet, there are several nutritional items which can have great benefits for the heart.

Here are the best of them:

**1. Cayenne.** Sometimes referred to as the "King of Herbs", cayenne is one of the most powerful heart-healthy substances. It strengthens, stimulates, and tones the heart, balances circulation and blood pressure, and calms palpitations. Due to its fiery punch, you may want to start small and work your way up to larger amounts of powder or extract added to juice.

**2. Hawthorn.** Along with cayenne, hawthorn was one of famed herbalist Dr. Christopher's favourite herbs for the heart. Hawthorn is rich in flavonoids that protect small capillary vessels from free-radical damage. It normalizes blood pressure, lowers cholesterol and fat deposits in the liver and aorta and helps conditions such as angina, arrhythmia, arteriosclerosis, blood clots, and hypertension. Though it may take months to realize hawthorn's full benefits, often a dropper of hawthorn berry extract will settle irregular heartbeats in short order.

**3. Magnesium.** Magnesium helps prevent heart attacks, regulates high blood pressure and helps ease heart arrhythmia, in addition to having a great many other vital health benefits. Thanks to today's 'standard' diet and mineral depleted soils, it is estimated that anywhere from 80 to 95 percent of us are deficient in magnesium.

**4. Co-Enzyme Q10 (CoQ10).** CoQ10 is an essential primary heart protector. Notably, statin drugs interfere with the liver's production of CoQ10 from selenium.

**5. Selenium.** The mineral selenium is essential for the body's natural production of CoQ10.

**6. Silica.** It was noted over a half century ago that the mineral silicon was abundant in healthy hearts and deficient in diseased hearts and heart vessels. Silicon is responsible for both the strength and elasticity of cardiovascular tissue. It is a semiconductor that is involved in nervous system message transmissions and is likely important for the heart's electrical functions.

**7. Vitamin D3.** Abundant evidence now points to the numerous cardioprotective functions of vitamin D. Restoring vitamin D to normal levels has been found to help reduce inflammation, normalize blood pressure, and improve insulin sensitivity - all factors that reduce heart disease risk.

**8. Iodine.** In 1933, Dr. Kenneth Turner of Harvard Medical School conducted a series of experiments with rabbits which demonstrated that iodine could prevent atherosclerosis in rabbits even when they were fed horribly unhealthy diets. Iodine is also an essential co-factor for selenium.

**9. Garlic.** Several studies have shown that a clove a day of garlic inhibits bad cholesterol (LDL) production and raises the good kind (HDL). Smaller trials have also indicated that garlic helps normalize blood pressure, prevent blood platelet aggregation, and improve circulation.

**10. Vitamin C.** Linus Pauling protege' Dr. Matthias Rath determined that heart disease is an early form of sailor's scurvy, which is caused by weakening of the arterial walls due to a deficiency in Vitamin C. Vitamin C induces the natural repair of the blood vessel wall in cardiovascular disease, which can lead to a halt in progression - and even to natural regression - of vascular lesions.

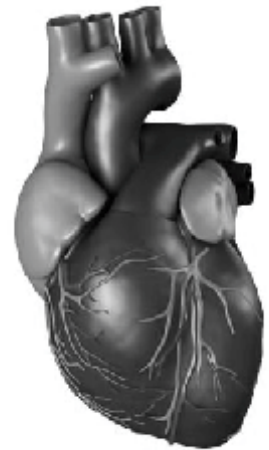
**11. Motherwort.** Traditionally used to treat a racing heart caused by nervous tension, long-term use of this herbal sedative may reduce the formation of clotting factors, lower total cholesterol and triglycerides, and strengthen the heart muscle. Motherwort is typically consumed as a prepared tea throughout the day.

—Tony Isaacs, November 8, 2011, [www.naturalnews.com](http://www.naturalnews.com), [www.care2.com](http://www.care2.com)

### Quote of the Month

*A merry heart  
doeth good like  
a medicine:  
but a broken  
spirit drieth  
the bones.*

—Proverbs 17:22



## healthbites

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# little bites

## Teen violence linked to sugar soft drinks

Naturalnews.com, 23 Nov 2011  
Teenagers, who are heavy soda drinkers, are more violent and carry more weapons, according to a new study from the University of Vermont. In the past, parents have been told too much soda could set their kids up for obesity and diabetes, but now researchers say soft drink beverages are linked to even more disturbing problems like violent behavior and carrying knives and guns. —Elizabeth Walling

## EMF waves in your home!

Naturalnews.com, 16 Nov 2011  
The debate surrounding the relative dangers of electromagnetic radiation has raged on for years. As technology has become more and more advanced, and more electromagnetic fields, or EMFs, are created, the fact that electromagnetic radiation can be harmful cannot be ignored. Wireless routers, one of the most convenient products in homes across the world, can actually contribute high levels of EMF exposure to your home. —Alex Malinsky

## "What's Cooking" series a success

A group of 50 plus have been attending the "What's Cooking" series again. We have noticed an intense sincerity with the people and a keen interest to learn about their health and well-being this year. As the attendees sample the dishes at the conclusion of each evening, many favourable reports come back.

## Lifestyle Matters end-of-year banquet

11 Dec 2011, Christchurch.  
All previous cooking class attendees and healthbites subscribers are still invited to the banquet on Sunday Dec. 11. This will be followed by a sacred concert, so plan to be there and enjoy the evening together. Book on our website now as numbers are growing fast.

\*Over 140 health books and products online at [www.lifestylematters.co.nz](http://www.lifestylematters.co.nz)

## Heart Attack - Emergency

### What You Should Immediately Do If You Have A Heart Attack

Since many people are alone when they suffer a heart attack, this suggestion may save your life. Even if there is another person present, the best they may be able to do is to dial 111.

If, upon experiencing a sudden heart attack and you are alone, you will most probably not receive immediate help. You will begin to feel faint because your heart is no longer beating regularly, delivering its usual round of blood. At this point, you will have about 10 seconds left before losing consciousness. **However, you can help yourself by coughing repeatedly and very vigorously.**

Here is what to do:

#### Take a deep breath before each cough

**The cough must be deep and prolonged**, as when coughing up mucus from deep inside the chest.

**A breath and a cough must be repeated about every two seconds with no letup until help arrive;** or until the heart is beating normally again.

These deep breaths get oxygen into the lungs; and the coughing movement squeezes the heart and keeps the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims are more likely to survive the trip to the hospital. Tell as many other people as possible, this could save their lives.

### Other Helpful Tips On A Heart Attack

Firstly, if a heart attack is threatening and about to occur, take half a teaspoon of cayenne pepper in some water and swallow it. Just placing some cayenne in the mouth, with or without water, will help. It will nicely strengthen and speed up heart action.

Secondly, if you think you could have a heart attack, purchase some arnica and have it ready to take. It is said to be an immediate remedy for a heart attack.

## Heart Failure

A heart attack is one thing, but there is also heart failure to consider. This is caused by inadequate blood flow from the heart. It is not providing enough blood to supply the needs of the body and starts to break down.

Just be aware of some problems which, over a period of time, can occur

- 1) **Arrhythmia** where the heart does not beat right, the rhythms are irregular
- 2) **Palpitations** occur when the heart seems to pound, regular or irregular
- 3) **Tachycardia** occurs when the heart beats too fast when resting
- 4) **Bradycardia** occurs when the heart beats too slowly
- 5) **Ectopic beats** (skipped beats), when the heart rests too long between some beats
- 6) **Fibrillation/flutter**; an electrical error causing a twitch instead of normal beating
- 7) **Valvular disease**, which affects the heart valves from functioning properly

—Natural Remedies Encyclopedia page 419,420

## Quick-n-Easy Natural Recipes

Lorrie Knutsen

**\$8.20 +p&p**

These recipes use only a handful of ingredients and most take only minutes to prepare! Ideal for the experienced cook and for those who are not so keen on the idea. Great vegan vegetarian cookbook.

Ph 03 313 7762 or [www.lifestylematters.co.nz](http://www.lifestylematters.co.nz)



## Recipe of the Month

### Christmas Cake

**¾ c honey**  
**¾ c cold mashed pumpkin**  
**2 c wholemeal flour**  
**225g Olivani or ½ c light olive oil**

**225g chopped dates**  
**225g raisins**  
**225g sultanas**  
**450g fruit cake mix**

**Mix** honey and Olivani or oil together. **Add** pumpkin and fruit. Lastly **add** flour. **Spoon** into 20cm paper lined tin. **Bake** at 160° for 2 hours. **Turn** oven off and leave for another half hour in oven. Then **wrap** cake in baking paper and a towel and leave to cool for 24 hours. This will keep cake moist.

**Option:** Use half wholemeal and half white flour for a lighter cake.

