

NUTRI-FACTS

KEEPING A HEALTHY HEART

February, Issue 1

February is an excellent month to pay attention to the one organ that we've all had (virtually) broken at least once. Usually a new sweetie can cure the most common form of a broken heart, but did you know that, chances are, each of us continues to do permanent damage to our tickers without even knowing it? February is National Heart Awareness month, so it's a great time to make sure that you don't actually break your heart. It may not be evident today or next month, but our bodies can only repair and rebuild new healthy cells for so long before degenerative diseases take over. In the United States, coronary heart disease is a leading cause of death for both men and women. This disease is characterized by a buildup of cholesterol-filled plaque in the coronary arteries - the arteries that feed the heart. Total blockage of a coronary artery produces a heart attack. There are steps that you can take that minimize the risks of a heart attack.

SUPPLEMENTS

We should all be striving to get all of the protective nutrients through a balanced and varied diet. Natural whole-foods are the single best source for the stuff that your body (especially your heart) needs to survive and thrive. The unfortunate reality is that many of us are so involved in our busy lives that smart nutrition and varied ingredients sometimes elude us. This is where supplementation can help.

A few important components that are frequently missed in the American diet are sufficient fiber intake, proper fat intake and a sufficient supply of quality protein. There are tons of supplements on the market to help remedy these deficiencies, but it is important to be certain that those supplements themselves are of top quality and derived (with minimal processing) from whole-food sources. Talk to your doctor or someone in-the-know at your local health foods store. Do a little research online, but once again, make sure that you are relying on trustworthy sources.

A good tip is to add supplements to your post-workout Recovery Shake. If you're blending one up at home (or getting one at the gym), combining supplements with healthy, natural foods creates a synergy and allows for better absorption of the nutrients.

Eat Well!



PROJECT PFC: MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature's goodness. Using current research and educational materials, we're making the world of nutrition "Simple Again". Eat Well. Live Well (and Long).

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February, Issue 2

Some Great Ingredients

HONEY

Honey can help guard your Heart and keep cholesterol from gunking up your arteries, too! This natural, golden sweetener is rich in heart-protecting antioxidants. With honey, the darker the better. Buckwheat has antioxidant content the highest of the honeys tested, with about 3x as many antioxidants as acacia honey, which is much lighter in color.

In test-tube studies, honey slowed the oxidation of LDL (bad) cholesterol in human blood. Oxidized LDL's are your heart's worst enemy because they're the foundation of dangerous plaque deposits in blood vessel walls which can lead to heart attack and stroke. It also dramatically slowed the rate of formation of conjugated dienes, products of oxidation related to LDL in blood, "says researcher Nicki Engeseth, PHD.

Put honey in your tea, drizzle it into your oatmeal or blend it into a post-workout Recovery Shake. For a delicious snack, use honey as a dip for sliced apples. There are tons of uses for this natural phyto-rich sweetener.

Remember, the secret to burning fat and gaining muscle is keeping your metabolic rate

humming. By ingesting a high Glycemic recovery shake within 45 minutes of your workout, your metabolic rate keeps chugging along. Replace what you burn off. I guarantee not one gram of sugar is deposited on your love handles or hips. Sugar is stored as Glycogen, NOT fat and is the fuel your body depends on daily.

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February, Issue 3

OMEGA-3 FATTY ACIDS

Omega-3 fats are one of the best ways to cut triglycerides...and the heart attack risk that goes with them. Believe it or not, fat is a necessary macronutrient and is essential for optimal health; but only the right types of fats and in the right quantities. Among the most important fats for our diets are the Omega-3 fatty acids.

WHAT ARE OMEGA-3 FATTY ACIDS?

Omega-3 fatty acids are unique long-chain polyunsaturated fatty acids. There are three types of Omega-3 fatty acids, and each type differs in its chemical structure and physiological role. The major types of Omega-3 fatty acids are: ALA – Alpha linolenic acid, EPA – Eicosapentanoic acid and DHA – Docosohexaenoic acid. They are highly unsaturated and scientific studies show that unsaturated fats do not promote hardening of the arteries, high blood pressure, weakened heart and arterial tissue or strokes. Most importantly, Omega-3 fatty acids are nutritionally essential. Humans lack the enzyme required to produce Omega-3 fatty acids from other types of ingested fats, so Omega-3 fatty acids must be acquired by the diet. DHA is the most abundant Omega-3 found in the brain and retina, accounting for more than 50% of the total unsaturated fatty acids present.

THE HEALTH BENEFITS OF DHA

The Omega-3 fatty acids are known to play important roles in:

- Helping prevent cardiovascular disease and heart arrhythmias
- Improved immune function
- Help protect against breast cancer in postmenopausal women
- Relieve the symptoms of chronic disorders such as depression and arthritis
- Aid proper development of neural and eye tissue (especially in children)
- Bolster kidney function
- Contribute to reproductive health
- Increase cognitive ability (especially in children)

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February, Issue 4

OATS

Oats are whole grains and have all the health benefits associated with whole grains - lower risk for heart attack, stroke, diabetes, hypertension, and obesity. Oats also have a low Glycemic index and help smooth out blood glucose levels, helping avert hypoglycemic response and improving blood glucose control in diabetics. "Oats also lower blood cholesterol," says Dr. James Anderson, internationally renowned pioneer researcher and professor of medicine at the University of Kentucky's college of Medicine in Lexington. Whole grains, such as oatmeal, are foods as nature intended, with no artificial additions or subtractions. Naturally low in fat and cholesterol, oats are a rich source of protein, vitamin E, iron, B vitamins, zinc, calcium, potassium, magnesium, soluble fiber and cellulose fiber. By most estimates, the average American diet is sorely lacking in fiber - 11g each day being the normal intake as opposed to the recommended minimum of 20-30 g.

An additional note is that oats are naturally gluten free, for those affected by gluten. A note of caution though – oats are frequently grown and harvested near barley and other grains that do contain gluten, so they are not always 100% gluten-free.

THE BENEFITS

- Heart Disease: Evidence suggests that soluble fiber may reduce blood cholesterol levels. Research indicates that daily consumption of oat-bran produced an average 20% decline in cholesterol levels

among study participants. Diets rich in fiber appear to significantly reduce the risk of heart disease—even helping to mitigate the effects of smoking.

- Diabetes: Research indicates that cereal fiber may substantially decrease the risk for Type 2 diabetes and oatmeal may help control blood sugar levels and reduce LDL cholesterol. A study by Dr. Anderson demonstrated that 11 of 20 Type 2 diabetic men consuming approximately three and one half ounces of oat-bran daily no longer required insulin shots.
- Cancer: Oatmeal may decrease the risks of colon cancer and breast cancer. Indications are that it may also help protect against infections such as E coli. A full bowl of oatmeal or oat bran is an excellent way to start the day or create a quick meal.

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