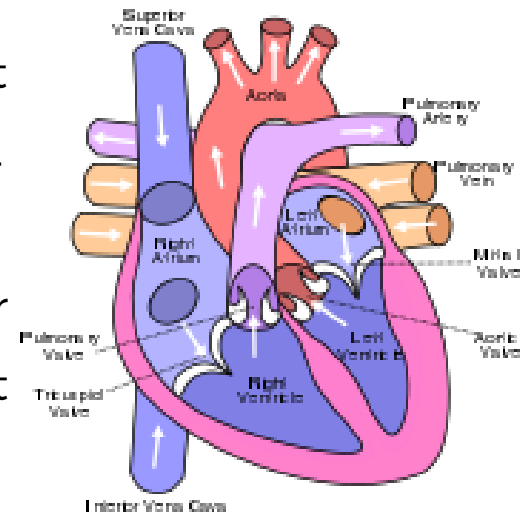


Heart Health

Our Heart is an amazing organ we carry around with us everywhere we go. Unlike our legs, eyes, and other body parts: our heart never gets to rest! It works 24 hours a day 7 days a week 365 days a year.

That is amazing!

The heart is a muscular organ about the size of your fist. It is located to the left side of the body and right behind the left breast bone. The heart's right atrium receives blood from the veins and pumps it to the right ventricle. The right ventricle pumps it to the lungs, where it is loaded with oxygen.



The left atrium receives oxygenated blood from the lungs and pumps it to the left ventricle. The left ventricle (the strongest chamber) helps to pump oxygen-rich blood to the rest of the body. The left ventricle's vigorous contractions create our blood pressure.

“The coronary arteries run along the surface of the heart and provide oxygen-rich blood to the heart muscle. A web of nerve tissue also runs through the heart, conducting the complex signals that govern contraction and relaxation. Surrounding the heart is a sac called the pericardium. The pericardium is a thick, membranous, fluid-filled sac which encloses, protects, and nourishes the heart.” (Boundless, 2016)

“Though the body sleeps, the heart will never rest”—let us continue to explore ways we can bring happiness & good health through our hearts...

Medicinal Herb & Plant Glossary:

Hawthorn- parts used berries, leaves, and flowers. The berries are used most often. It is believed to uplift and strengthen both the physical and emotional heart, hawthorn, as it supports healthy cardiovascular function.”

Hawthorn is known for dilating the coronary blood vessels, helping to lower blood pressure, and cholesterol levels.

Garlic- is a Sulfur containing plant. Sulfur containing plants may help the body resist bacteria and protect against toxic substances. In addition, sulfur is chemical element necessary for proper development of connective tissue and helps skin maintain its structural integrity.

Garlic may also help lower blood pressure and improve circulation.

Reishi- Reishi mushroom may contain blood pressure lowering properties while enhancing the body's immune system as well as improved circulation.

Cayenne- Although it is well known for its hot flavor, the Cayenne spice is full of vitamin C and may help improve circulation.

Supplements Glossary:

Fish Oil- One can eat fish or take a fish oil supplements in capsule or liquid form. Essential Fatty Acids cannot be produced by the body, therefore one must intake it from an outside source. Two of the most important omega-3 fatty acids are found in fish oil:

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). It is most often used for conditions related to the heart and blood. Some people use fish oil to lower blood pressure, triglycerides, and cholesterol levels.”

CoQ10- **Coenzyme Q10 (CoQ10)** is a substance like a vitamin. It is found in every cell of the body. The body makes CoQ10 and cells use it to produce energy the body needs for cell growth and maintenance. It also functions as an antioxidant which protects the body from damage caused by harmful molecules.

(Information Not approved by the FDA, the above is not intended to diagnose, treat or cure disease, Always Consult with Your Physician.)

Works Cited

The Prescription for Nutritional Healing, WebMD.com, & Mountain Rose Herbs. (2017, January 30th). Herb; Plant; Supplement Information. Boundless. (2016, October 19). Pericardium. "Boundless Anatomy and Physiology Boundless. Retrieved January 30th, 2017, from boundless.com: <https://www.boundless.com/physiology/textbooks/boundless-anatomy-and-physiology-textbook/cardiovascular-system-the-heart-18/the-heart-172/pericardium-863-5239/>

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