

# February is Heart Month

Take time to be Health Conscious

February 2009... the second month of the year. We have a new president. That's a change from 2008. Gas prices are down. That's a change.

February is the "heart month." What about our hearts? Is the fear still there with all the changes for the year? What will it take to restore faith in the market and our market-driven economy? Who knows? The answer to that question is anyone's guess. Even everyday problems with things like traffic, work, health, or family can put stress on your heart and body and zap your energy. Your health can and should be the first priority.

Do you have a choice in the matter? Most certain! In this stress-filled environment in which most of us live, B vitamins are easily depleted. In fact, deficiency may begin as early as 30 years of age. But, take heart, B vitamins work

quickly to energize your focus, stamina, mood, and memory.

According to Dr. Tan from California's University Medical Center, laughter can have a huge impact on your health. He says, "Laughter brings a balance to all components of the immune system."

We are at a cross

roads. During these fearful times of change... two things need to take place: regulation and self-regulation.

For banks and Wall Street, regulation means playing by the rules. For individuals, self-regulation means developing a new mind-set that says, "if we don't have it, we don't

spend it." A big percentage of Americans are obese. We need to tighten our belts and refrain from buying it if we can't afford it. We

need to stop eating too much just for the sake of eating just because we can. The dictionary says: glutton... A person who over-eats. We as Americans need to stop indulging or giving in to our "wants" and heed to our "needs."

Homocysteine (big word) is like Cholesterol. If it's high, serious conditions can

occur, such as stroke, heart attack, diabetes, dementia, osteoporosis, and Alzheimer's.

It's important to know your homocysteine level because it's an accurate way to determine

your present health and predict your likelihood for major diseases.

Vitamin C is used by every cell in your body, and yet your body cannot manufacture or store it. Taking vitamin C helps to:

- \* Promote heart health
- \* Detoxify your body
- \* Speed wound recovery

\*Keep natural defenses up

\*Fight fatigue due to stress

Since this is "heart month," let's talk about "Heart Attack Warning Signs." Some heart attacks are sudden and intense, but most of them start slowly, but with mild pain or discomfort. Here are some that can mean a heart attack is happening:

\*Chest discomfort.

Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

\*Shortness of breath. This feeling often comes along with chest discomfort, but it can occur with or without chest discomfort.

\*Other signs. These may include breaking out in a cold sweat, nausea or lightheadedness.



by B J Armstrong



If you or someone you're with has one or more of these signs, call 9-1-1. Get to the hospital right away.

Valentine's Day is February 14th. Be extra nice to that lady in your life this day. Roses and candy are traditional at this time, but a single rose and a big smile sounds sweet to me.

30 days has September, April, June and November. All the rest have 31, except February, which has 28... which is fine, until Leap Year gives it 29.

Happy Valentine's Day!



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