

HAPPY VALENTINE'S DAY, 2007. This is the holiday of the heart, in more ways than one!! Chocolate, red wine, and expressions of love not only make your heart beat with excitement and anticipation, but they also lead to real heart health. This month's Whole Life Wellness newsletter focuses on the many benefits of eating chocolate, drinking wine, and expressing love. So enjoy, but remember, all things in moderation. Balance is the key to life, love and health.

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Learn to Love Your Heart This Valentine's Day

According to the US Department of Health and Human Services, heart disease is the leading cause of death in the U.S. Death from heart attack, stroke, and other cardiovascular diseases claims one American life every 34 seconds. The World Heart Federation recommends the following 10 ways to take control of your health, reduce your risk factors and start living a heart healthy lifestyle:



1. **Exercise:** at least 30 minutes of daily activity that raises your heartbeat (best done in the morning)
2. **Eat Healthy:** 5 servings of fruits and vegetables each day: get rid of unhealthy fats
3. **Drink lots of water:** at least 6-8 glasses each day
4. **Watch your cholesterol:** eat foods low in saturated fat; eliminate Trans fats
5. **Reduce your salt intake:** maximum of 2400 mg/day (1 teaspoon)
6. **Stop smoking** and avoid second hand smoke
7. **Maintain a healthy weight**
8. **Don't get sidetracked** by challenges to your exercise and diet plans: get back on track immediately with more determination
9. **Reward yourself** with a non-food reward when you reach a goal
10. **Get regular checkups** with your doctor



Your Wellness Coach, Rebecca Cohen

Could Your Toothbrush Be a Weight Loss Tool?

Brushing after every meal can act as a signal that it's time to stop eating; it can delay a craving by distracting you from eating and coating your mouth with a strong flavor that makes food taste strange; and you might be less likely to eat when your mouth feels squeaky clean.

The Benefits of Red Wine

Another good thing for your heart this Valentine's Day is red wine. Studies have found that people who drink a moderate amount of red wine also get a heart health benefit from flavonoids. However, experts warn against drinking too much (pregnant women shouldn't drink at all), and you should talk to your doctor if you have a medical condition that might be aggravated by the alcohol.

Getting Past The Afternoon Slump



It's three o'clock. You can't concentrate and your energy is running low. You may be experiencing an afternoon slump. If you usually resort to candy or coffee to pull you through the rest of your day, you may want to try some of these healthy alternatives to keep you going.

Get organized: make sure to schedule your tasks throughout the day so that you can remain productive. If you are full of energy in the mornings, get most of your challenging work done then. Save simple, mechanical tasks for your down times.

Eat a power lunch: A lunch containing protein and dietary fiber will satisfy hunger longer. Add lean meat, poultry, tuna, or other seafood, nuts or beans to a salad. Include whole grains which will keep you satisfied for longer. Make your sandwich on 100% whole grain bread, or roll up your wrap in a whole wheat tortilla. Replace empty calorie cookies with grapes or raw broccoli and cauliflower.

Take a break: don't automatically reach for food when you start to feel the afternoon slump approaching. A snack may provide a break, but it can also lead to undesirable weight gain. If you're not sure if you're hungry, first try to sneak in some exercise. Take a 10 minute walk around the block or do some stretches at your desk.

Sneak in a Snack: If you're truly hungry, have a healthy snack. Try a piece of fruit, a handful of lowfat trail mix, a small container of yogurt, celery or carrot sticks. Keep healthy snacks within easy reach.

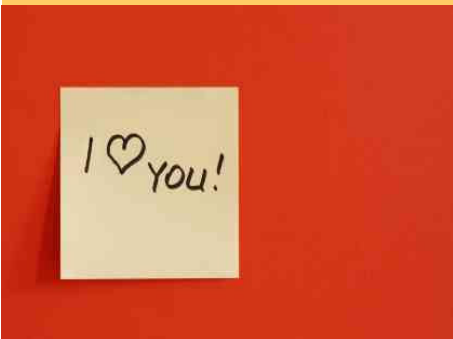
DON'T FORGET: that it is humanly possible to only eat one piece of pizza; that elevators are optional; that if you're fifty you might only be half way there; that eating better meals today means eating more meals down the road; to eat something green every day and grasshopper pie doesn't count.

LOW FAT RECIPE CUPBOARD

Do you have a low fat recipe that you really like? If you're willing to share it, send me an email with the recipe so I can share it with my readers. Good low fat recipes are so hard to find!! I'm currently experimenting with chocolate puddings, creme brulee, and dips. Let you know next month what I end up with!!

Coaching gift certificates available from Partnering for Change so you can give the gift of wellness

An Appreciative, Loving Heart Is Good Medicine



Scientists once thought that emotions, such as the love and admiration we see everywhere on Valentine's Day, are purely mental expressions generated by the brain alone. We now know that this is not true. Emotions have as much to do with the heart and body as they do with the brain.

Studies done by The Institute of HeartMath, a research center dedicated to the study of the heart and the physiology of emotions, have found a critical link between the heart and the brain.

Negative emotions:

- Negative emotions such as anger, frustration, anxiety and insecurity cause heart rhythm patterns to become erratic
- Erratic patterns send messages to the brain to start a chain reaction of events

Because **coaching is done via the telephone**, it can be provided to anyone, anywhere in the USA. So, if you have a loved one who needs help losing weight, fitting exercise into a busy life, reducing stress, and finding the energy to get through the day, give them a gift certificate for wellness coaching. They can successfully achieve their fitness goals, and you will know that you helped them do that. Gift certificates can be purchased for any amount. Call 815- 895-9389 to order your gift of wellness.

- Chain reaction: stress hormone levels increase, blood vessels constrict, blood pressure rises, immune system is weakened, ability to think clearly is blocked
- Consistent presence of negative emotions puts strain on whole body
- Consequence is poor health

Positive emotions:

- Positive emotions such as love, gratitude, admiration, appreciation, and compassion produce smooth, calm heart rhythms
- Message to brain is that heart feels good
- Consequence is whole body balance and enhanced health

What can you do to help yourself?

- Let go of the negatives in your life
- Find something to genuinely appreciate and feel grateful for: bring it into your heart daily
- If you have trouble finding something to appreciate, recall a past memory that has warm feelings attached to it
- Don't focus on the mental image of a memory: remember the **positive emotions** that the memory creates
- Connect with friends and family
- Write down 3 things you are grateful for each day
- Tell someone you love them, starting with yourself
- Incorporate relaxation techniques into your daily life

If you have trouble getting yourself to a place of gratitude, peace and reduced stress (or you just want to learn how to cope with stress in a better way), learn the **HeartMath technique** for stress reduction which is based on years of research and success. As a trained HeartMath practitioner, I can teach you this easy-to-learn Biofeedback technique that can help you truly change your life by controlling stress and its effect on your body. To learn more about the [HeartMath Stress Reduction Technique](#) go to my Web site, www.partneringforchange.com

Is Chocolate a New Health Food?

Recent studies show that cocoa and dark chocolate with a high cocoa content contain a heart healthy antioxidant compound called flavonoids. Flavonoids:

- help prevent the buildup of LDL (bad) cholesterol
- raise HDL (good) cholesterol levels
- may prevent certain cancers



All chocolate does not have these health benefits.

- Healthy flavonoids are found in cocoa butter and cocoa solids
- The darker the chocolate (over 70%) the higher the cocoa content and antioxidant levels
- Milk chocolate is diluted with milk and sugar and only has a small quantity of antioxidants

Quick Links to Coaching Services and Information

Web Site:

www.partneringforchange.com

Go to the Web site to:

Sign up for a 30 min. complimentary coaching session to learn how coaching can help YOU achieve fitness!

Find wellness resources, including archived articles and newsletters

Use wellness assessment quizzes to find out how stress is affecting your life

Read the bio for your coach, Rebecca Cohen

- Less expensive brands replace cocoa butter with milk fats and hydrogenated oils
- And remember, most chocolate contains sugar and saturated fat, as well as calories

For your heart health, this Valentine's Day buy yourself, and your loved ones, high quality dark chocolate with the main ingredients being cocoa butter and cocoa solids. Enjoy an ounce once in a while for heart health, and just for fun!

Announcing a new service: Complimentary help researching wellness information

Have you tried to find specific wellness information but don't know where to look and have little time to do a thorough search? Do you have a wellness topic in mind that you'd like to suggest for future Whole Life Wellness newsletters?

I am offering a complimentary service to help you search for information. If there is something you'd like to know, but you just don't know where to find it, please go to my web site and send me an email with your requested search topic. I'll search out answers for you and send you an email with what I've found.

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