

Heart Health and Stress Reduction

Stress: “The non-specific response of the body to any demand for change.”

Hans Selye, 1936

Hans Selye was a pioneering Hungarian-Canadian endocrinologist. He conducted much important scientific work on the hypothetical non-specific response of an organism to stressors.

- Stress can manifest as heat, redness, pain, swelling, loss of normal function.
- Sources of stress are chemical, emotional, and physical

Your body responds: ↑ **Heart Rate & Blood Flow** → **Release – Cholesterol, Triglycerides, Adrenaline & Cortisol**

Heart Health – Symptoms and Risk Vocabulary

Angina Pectoris: Loss of oxygen affects coronary arteries, worsens with exertion, calms with rest

Heart Attack - Myocardial Infarction: Due to coronary arteries being blocked/ reduced blood flow

Hypertension: Decreased arterial internal diameter or elasticity, can lead to cardiomegaly

Heart Failure: Inability to pump blood from the heart

Arrhythmias: Some are just annoying, others very problematic, heart valves are involved

Notable Nutrition: Your Body Prefers Nutrients from Real Food

Magnesium: Supports heart valves

CoQ10: Supports mitochondria function

Protease enzymes: anti-inflammatory

Burdock root: blood and liver cleanser

B vitamin group: Supports muscle tissues

Omega 3s: Reduces triglycerides, slows plaque formation

Parsley, cilantro, chlorella: heavy metal detox

****ALWAYS consult with your healthcare team BEFORE adding any supplementation. ****

Heart Health - How Acupuncture Can Help

Improved Organ Function - Immune System Support - Stress Reduction

When your heart functions optimally any prescription medications will work better, your vagus nerves will work better, and stimulate production of natural opioids.

Acupuncture and enzyme nutrition can support and preserve heart function in conjunction with other traditional treatments

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