

HEART *Smart*

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Taking a New Look at Exercise

In a poll taken over our website we found out 98% of you “exercise regularly” but only 20% of you include aerobic activity twice a week or more. Over 40% of you rarely jog or participate in aerobic classes. So we asked 125 of you at an Internet town meeting, “Why not?” and “What do you do?”

The responses to “Why not?” ranged from “it’s boring” and “it’s too expensive” to “my doctor recommends other forms of exercise for [my condition]”. In fact, many of you discovered some qualified negatives to excessive aerobic exercise that make justified your claims. These are posted on the “Exercise” discussion at our website.

“Aerobic activity is important, but should not be used exclusively. Other forms of exercise, such as stretching, moderate strength building, muscle concentration, and mind and spirit enhancing exercises, should be part of a well balanced, active life.” Dr. Hartlett, President of the Vienna School of Medicine. She continued, “strenuous exercise may prevent heart disease, but it can’t guarantee weight loss or protect you from 70% of known cancers. It has proven to be a destabilizing force in behavioral disorders, as well. The best way to be healthy is to involve all aspects of your body and lifestyle.”

Many of you sought and found alternative combinations of exercise that satisfy both your

physical heart and your spiritual heart. Five of the most popular activities are:

1. Tai chi
2. Walking & hiking
3. Golf (without a cart)
4. Various martial arts
5. Ballroom dancing

Attitude check-up

Thoughts are the blood stream of the mind. That’s the claim Dr. Gunther Ancara pronounces in his thesis, “Pump Up Your Mind”. Dr. Ancara has spent 25 years studying the medical progression of two tribes: one, a native culture in the mountains of Brazil, the other, a small neighborhood in Germany.

Dr. Ancara became personally enthralled with the clinical study when he realized that the thread, which resurfaced in his study of the two “tribes” was

how their individual and group attitudes correlated to overall health. “More than environment or physical conditions,” he concluded, “healthy, happy members of each tribe practiced hopeful, mature attitudes.”

“Pump Up Your Mind” studies the effects of anger on progressive atherosclerosis, high cholesterol, and coronary heart disease. Hostility seems to release stress hormones into the blood, which elevates low-density cholesterol levels (LDL). This type of cholesterol results in blocked arteries. The other study showed that angry feelings seemed to produce a thickening of the carotid arteries. “Holding on to these emotions gradually drains the body’s ability to heal itself.” His conclusion: “Think healthy thoughts.”

What to Eat Together

Imbalances in the human body may be traced genetically, through diet, or lifestyle choices. Humans are chemical, electrical organisms. This has led researchers to acknowledge that it is not only about what you eat, but what you eat together that affects how your body reacts and functions.

Nutrition Quarterly reports that eating certain foods together and avoiding other combinations will provide the greatest benefit to your health as well as your mental and physical performance.

This development is based on two related factors. Combining certain vitamin and mineral supplements boost the effectiveness of each other. In conjunction, the digestive system uses different chemistry to process different foods and some acids counteract another fluid’s ability to break down and use food energy.

Foods that require different chemistry should be eaten separately otherwise parts will rot in your stomach and be flushed without benefit. Fruit is the best example requiring a unique processing acid. It should not be eaten within one half hour of eating meat, vegetables, or grains.



Is an Eastern Diet Right for You?

Americans have the highest and best of everything, including levels of cholesterol, fat, sodium, and preservatives. Years of demanding “fries with that” have put us over the top in obesity, heart disease, and hypertension.

The Journal of Heart Research reports that individuals who regularly ate foods similar to the native Mediterranean diet were 50 to 70 percent less likely to suffer second heart attacks than those who continued eating “meat & potatoes”.

A completely new meal plan is not necessary to gain the benefits. Adding side dishes or including ingredients in your regular diet will help you feel better. Try artichokes or spinach for a Vitamin A and C boost; peppers and portobello mushrooms are a great source of potassium; and cardamom and peppermint help the digestion and stimulate the central nervous system.

	Serving Size (g)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Arby's Regular Roast Beef Sandwich	154	320	110	13	6	0	45	950	34	2	5	21
Burger King Whopper	291	710	380	43	13	1	85	980	52	4	11	31
Carl's Jr. Western Bacon Cheeseburger	225	660	270	30	12	0	85	1410	64	3	15	31
Dairy Queen Double Cheeseburger	219	540	280	31	16	0	115	1130	30	2	5	35
Del Taco Del Beef Burrito	227	550	270	30	17	0	90	1090	42	3	2	31
Domino's Hand-Tossed Cheese Pizza (2 pieces)	159	374	101	11	5	0	23	784	54	3	5	15
In-N-Out Double-Double	330	670	370	41	18	0	120	1440	39	3	10	37
KFC Original Recipe Drumstick & Thigh	185	500	290	33	9	0	240	1500	16	0	0	36
McDonald's Big Mac	216	590	310	34	11	0	85	1070	47	3	8	24
Taco Bell Beef Burrito Supreme	247	440	160	18	7	0	35	1220	52	8	5	17
Wendy's Big Bacon Classic	282	570	260	29	12	0	100	1460	46	3	11	34
RDA (based on a 2000-calorie diet)				65	20		300	2400	300	25		



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