



Heart Health

Welcome to the Program

SUMMARY

- Heart disease has four major types: coronary arterial disease, hypertension, congestive heart failure, and arrhythmias, all of which impact the heart in different ways.
- Hypertension occurs due to excessive fluid pushing through narrowed arteries or stiff arteries that cannot properly adjust to blood flow, increasing pressure.
- Congestive heart failure results from plaque buildup or pressure imbalances in the heart, leading to reduced function and circulation.
- Arrhythmias can be influenced by electrolyte imbalances, particularly deficiencies in magnesium and potassium, affecting heart rhythm and overall cardiac health.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



Heart Health

CALL TO ACTION:

1. What are your main goals for joining this Heart Health program?



Heart Health

2. How does your body feel right now? Consider energy, sleep, symptoms, or overall wellness.



Heart Health

3. What thoughts or emotions are present as you begin this journey?

4. What changes would you love to experience by the end of this program—physically, mentally, and emotionally?



Heart Health

Lesson 1: Introduction to the Disease

SUMMARY

- Heart disease is linked to blood flow and vessel health, where the heart helps prepare blood for circulation, but the pressures in the body's arteries and veins determine how well blood reaches different areas.
- Electrolytes like sodium, magnesium, and potassium play a key role in maintaining proper fluid balance, and imbalances can affect heart function, which is why hospitals prioritize them in heart-related emergencies.
- Stress significantly impacts heart health, as chronic stress increases blood pressure by tightening blood vessels, mimicking a threat response that can contribute to long-term damage.
- Nutrition is essential in preventing heart disease, with factors like reducing sodium and saturated fat, increasing phytonutrient intake, and avoiding excess caffeine, alcohol, or smoking all supporting better cardiovascular function.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



Heart Health

CALL TO ACTION:

1. What key insights have you gained about heart disease from this lesson?



Heart Health

2. In what specific ways do you want to improve your heart health?

3. Create a supportive Tribe for learning to apply these changes with and how would you track the progress?



Heart Health

Lesson 2: Intention Setting

SUMMARY

- Mindset and consistency play a key role in achieving health goals. Setting clear intentions helps create a roadmap for progress.
- Defining goals allows for a structured approach, whether it's improving heart health, reducing medication, or making lifestyle changes.
- Creating the right environment is essential for success. Surrounding yourself with a supportive community and a space for learning can make the process easier.
- Tracking progress through journaling and community engagement provides motivation, accountability, and guidance along the journey.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



Heart Health

CALL TO ACTION:

1. What is your main intention for joining this program, and what do you hope to gain from it?



Heart Health

2. Where do you see yourself at the end of this program in terms of heart health and overall well-being?



Heart Health

3. How can you create a supportive Tribe that helps you stay consistent and motivated?

4. Share your journey with your tribe and share what insights have you gain exchanging experiences.



Heart Health

Lesson 3: Defining Your Baseline

SUMMARY

- Heart health can be assessed through physical signs like fluid retention, shortness of breath, and changes in nails or veins, which may indicate underlying cardiovascular issues.
- Key blood tests for heart health include lipid panels, ApoB, Lp(a), HSCRP, and myeloperoxidase, which help evaluate inflammation, fat buildup, and overall vascular function.
- Advanced diagnostic tools like EKGs, stethoscope assessments, and stress tests can provide a deeper understanding of heart rhythm and function, but consumer devices like smart watches are not reliable for detecting heart conditions.
- CT scans for coronary calcium scores are late-stage indicators and not effective for early detection; better screening options involve blood tests and hydration assessments through markers like GFR in a comprehensive metabolic panel (CMP).

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



Heart Health

CALL TO ACTION:

1. What aspects of your medical history might be relevant to your heart health?



Heart Health

2. Which specific tests do you believe would provide valuable insights into your heart health?

3. Have you discussed these tests with your healthcare professional to ensure you're getting the right assessments for your heart health?



Heart Health

Lesson 4: Heart-Healthy Eating: The Essentials

SUMMARY

- Certain foods and habits negatively impact heart health, including high cholesterol, excessive sugar, sodium, alcohol, smoking, and poor sleep. Dehydration and gum disease are also linked to cardiovascular issues.
- Spices and herbs can support heart function, with ginger, cumin, cinnamon, turmeric, rosemary, and sage promoting circulation and reducing inflammation. Green tea, hibiscus tea, and holy basil tea also contribute to overall heart health.
- Monitoring sodium intake is important, as excessive consumption (above 2,500 mg per day) can increase cardiovascular strain. Moderation in black pepper use is also recommended.
- A balanced diet with heart-supportive foods helps improve cardiovascular function but does not replace medical treatment. Incorporating these foods into daily meals can provide long-term benefits.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



Heart Health

CALL TO ACTION

1. What are your current eating habits, and how do they impact your heart health?



Heart Health

2. How often do you consume alcohol in a week, and is it aligned with heart-healthy recommendations?

3. Which heart-supportive foods do you already enjoy and regularly consume?



Heart Health

4. What new heart-healthy foods would you like to start incorporating into your diet?

5. How can you adjust your grocery list to support better heart health?



Heart Health

- 6. What insights can you share with your community about improving heart-healthy eating?



Heart Health

Lesson 5: Nutrition - Foods to Add & Remove

SUMMARY

- Phytonutrients and healthy fats support heart health and can be found in foods like spirulina, beets, berries, avocados, flax seeds, and olive oil. Avoiding omega-6 fats and processed oils helps reduce inflammation.
- Sugar intake should be limited to under 25mg per day, as excessive sugar can damage blood vessels and raise triglycerides. Natural sugars from fruits are beneficial and do not have an upper limit, even for diabetics when consumed mindfully.
- Sodium and saturated fat should be minimized. Trans fats, often found in processed foods, should ideally be completely avoided. Cooking with healthy oils and consuming cruciferous vegetables like broccoli, cabbage, and brussels sprouts helps maintain heart health.
- Meal balance and portion control are key. Large amounts of fried, processed, or sodium-rich foods can negatively impact heart health. Using MSG as a sodium substitute (for those who tolerate it) and consuming more plant-based proteins can help maintain a balanced electrolyte system.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



Heart Health

CALL TO ACTION:

1. What heart-healthy foods are already a part of your diet?

2. Which new foods do you want to start incorporating for better heart health?



Heart Health

3. Are there any foods in your diet that might be affecting your heart negatively and wanted to eliminate it?

4. How can you adjust your meals to support your heart health more effectively?
Create a new meal plan based on the above



Heart Health

Lesson 6: Supplementation for a Healthy Heart

SUMMARY

- Botanical supplements like Hawthorne, Tilia, and Hibiscus help improve coronary artery circulation and support overall heart health.
- African Snake Root and Foxtrot (Digitalis) are powerful natural remedies that influence blood pressure and heart function, but they must be used cautiously due to possible interactions with medications and toxicity risks.
- Historical connection: Foxtrot was the inspiration behind Van Gogh's painting "Starry Night", as its effects on vision influenced his perception of light.
- Medical supervision is essential when using natural supplements for heart health, as improper dosages can be harmful, and heart disease requires careful management.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



Heart Health

CALL TO ACTION

1. Which supplements are you currently taking for heart health?

2. What new supplements would you like to incorporate into your routine?



Heart Health

3. How will you schedule and integrate them into your daily routine for consistency?



Heart Health

Lesson 7: Sleep Management

SUMMARY

- Quality sleep is crucial for cardiovascular health, especially for regulating blood pressure and supporting overall heart function. Maintaining a consistent sleep routine helps optimize sleep quality.
- Environmental factors like a cool, dark room, limiting electronic exposure before bed, and reducing stimulation can enhance restful sleep. Monitoring sleep with devices can help track quality.
- Natural sleep aids such as ashwagandha, valerian root, and melatonin can support better sleep, but their effects vary. Consulting a healthcare provider before use is recommended.
- Alarm clocks and stress in the morning can spike cortisol levels and affect blood pressure. Training the body's natural biological clock or using a sunrise alarm can help wake up more naturally.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



Heart Health

CALL TO ACTION:

1. Create a consistent sleep routine that supports better rest and share your sleeping schedules



Heart Health

2. What method will you use to track your sleep quality—a smart watch, sleep journal, or another tool?

3. Are there natural sleep aids you'd like to try? How will you incorporate them into your routine?



Heart Health

4. What steps can you take to wake up more naturally and rely less on alarm clocks?



Heart Health

Lesson 8: Mental Wellbeing

SUMMARY

- Counseling should lead to growth, not just venting. Effective counseling provides an objective perspective to help reframe thoughts, improve decision-making, and foster a change in mindset rather than just validating emotions.
- Life is not just objective facts but is experienced subjectively. Connecting with personal values, philosophies, and spiritual beliefs helps reduce stress and enhance emotional resilience.
- A guiding philosophy supports emotional balance. Having a strong inner framework helps navigate life's challenges with more clarity and stability. Identifying what inherently brings fulfillment can improve mental well-being.
- Mental health and heart health are deeply linked. Chronic stress and emotional distress can contribute to high blood pressure, heart disease, and overall poor health. Managing stress, emotions, and daily mental habits is essential for long-term heart health.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



Heart Health

CALL TO ACTION:

1. Define the areas you would like to work within for your mental wellness

2. Define the areas you would like to work on for your spiritual wellness



Heart Health

3. Create your spiritual & mental wellness plan & share it with your community!



Heart Health

Summary of the Program

- Improving heart health follows simple principles. Factors like nutrition, sleep, hydration, and plant-based medicine play a key role in supporting cardiovascular health and overall well-being.
- Consistency is essential for lasting change. Making small, steady changes over 12 weeks can lead to noticeable improvements in health and lifestyle quality.
- Community support and tracking can enhance progress. Engaging with like-minded individuals, utilizing health tracking tools, and checking in with a healthcare provider can make the journey more effective.
- Heart disease is serious but manageable. With the right changes, improvements in heart health can occur, requiring regular medical check-ups to monitor progress and adjust treatment if needed.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



Heart Health

Call to Action

1. Reflect on your journey and summarize the changes you have incorporated in your lifestyle



Heart Health

2. Get your Blood Work redone and reflect on the results and changes

3. Write down what changes will you continue to practice and what would you like to further modify & share the experience with your Tribe!