

FEBRUARY 2014 NEWSLETTER

Heart facts:

- ♥ A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime.
- ♥ Every day, the heart creates enough energy to drive a truck 20 miles. In a lifetime, that is equivalent to driving to the moon and back.
- ♥ The "thump-thump" of a heartbeat is the sound made by the four valves of the heart closing. <http://facts.randomhistory.com/human-heart-facts.html>



February 7th is National Wear RED Day, which promotes the *Red Dress* symbol and provides an opportunity for everyone to unite in *The Heart Truth's* life-saving awareness-to-action movement by putting on s favorite red dress, red shirt or red tie. Together, we will continue to urge women to protect their hearts, as heart disease is the #1 killer of women.

<http://www.nhlbi.nih.gov/educational/hearttruth/>

Gluten-Free Red Velvet Beet Cake Recipe

Beets in a cake? Who knew you could make a delicious cake out of this often hated vegetable.

Ingredients:

- * 1/2 cup cocoa
- * 1 1/8 cups apple sauce
- * 1 teaspoon vanilla
- * 1 1/2 cups sugar
- * 1 3/4 cups gluten-free flour blend (use one that contains xanthan gum or add 1 1/4 tsp. xanthan gum)
- * 1 1/2 teaspoons baking soda
- * 1/2 teaspoon salt
- * 3 eggs, beaten
- * 1 1/4 cups cooked, mashed dark-colored beets
- * 1/3 cups chopped nuts, optional
- * 1/3 cups chocolate chips, optional

Directions:

- * In a bowl, combine cocoa, apple sauce and vanilla, and mix well.
- * In another bowl combine flour (xanthan gum if adding), sugar, baking soda and salt.
- * Mix well and add to cocoa mixture.
- * Blend in eggs and beets.
- * Beat two minutes with an electric mixer.
- * Stir in chopped nuts and chocolate chips, if desired.
- * Pour in a 9x13 greased pan.
- * Bake at 350 degrees for 25-30 minutes or until baked through.
- * Allow to cool.
- * Frost with your favourite low-fat cream cheese icing.

<http://www.examiner.com/article/recipe-gluten-free-red-velvet-beet-cake-recipe>



Women and Heart Disease: The Facts

- 42% of women who have heart attacks die within 1 year, compared to 24% of men.
- Under age 50, women's heart attacks are twice as likely as men's to be fatal.
- Women with diabetes have more than double the risk of heart attack than non-diabetic women. Diabetes doubles the risk of a second heart attack in women but not in men. Diabetes affects many more women than men after the age of 45.
- Women with hypertension experience a risk of developing CHD 3.5 times that of females with normal blood pressure. High blood pressure is more common in women taking oral contraceptives, especially in obese women.
- Marital stress worsens the prognosis in women with heart disease.
- After heart attack, women are less likely than men to receive beta blockers, ACE inhibitors and aspirin - therapies known to improve survival. This contributes to a higher rate of complications after heart attacks in women, even after adjusting for age
- Women are twice as likely as men to die within the first few weeks after suffering a heart attack.
- Women's hearts respond better than men's to healthy lifestyle changes, yet only 2 percent of the NIH budget is dedicated to prevention.
- 71% of women experience early warning signs of heart attack with sudden onset of extreme weakness that feels like the flu - often with no chest pain at all. Medical professionals are challenged to respond to women's milder symptoms, acting with insufficient guidelines. http://www.womensheart.org/content/HeartDisease/heart_disease_facts.asp

Best Foods For Your Heart

Almonds, asparagus, beans, blueberries, broccoli, chocolate, leafy green, lean beef, salmon and other fish, sweet potatoes, walnut, whole grains



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The 5 Best Frozen Fruits and Vegetables

Here are the cold, hard facts: Some fruits and vegetables can lose their flavor and nutrients when frozen, but others practically thrive on ice. We've assembled a list of the latter, with an assist from Gene Lester, Ph.D., national program leader of the USDA's Agricultural Research Service. As you shop, check the packaging for a "Grade A" rating—this means the contents conform to the highest USDA quality standards. Then, once you open your produce, listen to Lester and store any unused amount in a freezer bag, rolling up the bag to squeeze out extra air.

Corn - Tear open a bag of frozen kernels and you'll find what canned ones lack: flavor, says Michael Ferraro, executive chef and partner at Delicatessen in New York City. Plus, the blanching that corn undergoes prior to freezing can boost levels of lutein and zeaxanthin—carotenoids that fight vision loss—by as much as 118 percent, say scientists in India. For best quality, consume within six months.

Peas - Frozen peas have nearly as much taste and texture as the just-shelled stuff, Ferraro says. And according to a study in the *Journal of Food Science*, freezing peas increases their antioxidant activity. Go ahead and buy the jumbo bag: A half cup contains 13 percent of your daily vitamin C needs, and a UC Davis research review found that peas lose only a tenth of their total C after a full year in the freezer.

Spinach - Milk, schmilk: A study from Poland found that stone-cold spinach contains more calcium than the fresh kind (and, ounce for ounce, more than milk). Steam this green to break down its cell walls and make its antioxidants more accessible, say scientists in Italy. But mind the calendar: Spinach's folates, which may fight heart disease, drop by 43 percent between the third and sixth month of frozen storage.

Cherries - Deep-chilled cherries hang on to more cancer-fighting anthocyanins than the canned kind, a study in the *Journal of Food Science* reports. The downside: If you wait too long to drop them into a smoothie or a bowl of yogurt, they'll be the pits nutritionally. A UC Davis study review found that 50 percent of the polyphenols in frozen cherries degrade after six months, but only 25 percent do by the three-month mark.

Blueberries - Bring this superfood to subzero and you won't lose its anthocyanins—flavonoids that help prevent heart disease and cancer, according to Romanian research. You can let frozen blueberries thaw at room temperature, but a North Carolina State University study found that if you instead microwave them for one minute, those anthocyanin levels rise. Consume them within four months.



Introducing Zahra's new circuit class:
Strength and Conditioning Circuit-Mondays 12:30 & Thursdays at 7pm
 Join Zahra to build overall strength and target all muscles
 in groups using light weights and resistance bands.



Creating Community
 Changing Lives

Ginger Root Kills Cancer

Thanks to research from the University of Michigan and nearly three centuries of medicinal use, we can now utilize ginger root to not only kill ovarian cancer cells, but also prostate cancer cells with zero toxicity. Truly among the great medicines of the world, ginger has long been used to treat inflammation and nausea, but the results presented in a session at the American Association for Cancer Research show that in every single instance where ginger powder was used to treat cancer cells, they *all died* as a result of being exposed to the compound. In medical lingo this is called apoptosis (cancer cell suicide.) When ginger is present, the cells even attack one another, called autophagy.

While ginger has been deemed a great natural remedy for those who are undergoing chemotherapy, it can also be used in larger quantities to treat cancer of its own accord.

Ginger has also been proven to treat prostate cancer. The *British Journal of Nutrition* published the results of an American study recently in which ginger extract (*zingiber officinale*) killed human prostate cancer cells while healthy prostate cells were left alone. Whole ginger extract was revealed to **shrink prostate tumor size by a whopping 56%**.

Further adding to the **benefits of ginger**, the spice has no toxicity when consumed even in high doses, and does not cause people to endure the very uncomfortable side effects of chemo and radiation treatments. The American Cancer Society admits that more than 15% of men will be diagnosed with prostate cancer, and more than 20,000 American women will be diagnosed with ovarian cancer this year. Many of these cases can be helped with ginger root.

<http://www.hangthebankers.com/ginger-root-kills-cancer/>



Ab Workout of the Month: Knee to Chest

- Lie flat on the floor, keeping your lower back and head in contact with the floor, using your arms to push yourself down.
- Lift both feet off the floor, keeping your ankles and knees together throughout the movement, whilst keeping your lower back pulled in to the floor.
- Beginners aim for 8 - 12 reps, not at full extension outwards with the floor. Rest for 20 - 30 seconds then repeat again.
- Intermediates aim for 12 - 20 reps full movement, repeated twice after 20 seconds rest.
- Advanced work for 20+ reps for three sets with 20 seconds rest.
- Avoid the knees to chest abdominal exercises if you suffer with lower back problems.



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- BiPro Whey Protein may help stimulate the release of appetite-suppressing hormones. A low calorie beverage mixed with one serving of BiPro and taken 30-45 minutes before a meal may help you feel full sooner and eat less.
- Check out the website to calculate how much protein to consume based on your fitness goals. While you are there, check out the variety of cookbooks that use Bi-Pro in all their recipes, choose from smoothie, dessert, gluten-free or vegetarian!