Women's Health Library

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Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- Ultimate One
- CoQ10
- Omega 3 Fatty Acids
- Greens N' Things
- Chewable Calcium & D
  or
- Liquid Cal-Mag-Zinc

Foundation Support:

- Supreme Stress B

Weight Loss and Diet:

- Super Fiber Tabs
- Citrimax Complex
- Soy-Spirulina Protein Powder

These supplements may be purchased on Our Store: FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Five Ways to Protect Your Heart

It's easy to forget, that thing in our chest that keeps us alive. But if we don't take care of our ticker, the harmful side effects spread to other parts of our body. How do we get "heart-healthy?" Below is a guide to ensure your heart is in tip-top shape.

Basic Guidelines:

Typical heart rate:
Between 60-80 beats per minute

Desirable Total Cholesterol:
Less than 200 mg/dL

Desirable Blood Pressure:
No more than 120/80 mmHg

5 Ways to Protect Your Heart:

1. Eat and supplement right. Arrange your daily diet to include whole grains, vegetables, fruits, lean protein and low fat dairy. High fiber choices keep blood sugar and cholesterol in check, while making weight loss or weight maintenance easily achievable. For added support, dietary supplements supply nutrients missing in the daily diet.

Omega-3 fatty acids from fish oil softgels are an easy way to incorporate the "good fats" into your day. Alternatively, plant oils such as flax or soy contain omega-3's from Alpha Linolenic Acid. Fiber (*Super Fiber Tabs*) , B vitamins (*Supreme Stress B*), cholesterol support products (*Niacin Hex*), vitamin E (*Ultimate One Multi*), and *CoQ10* will all be good choices.

2. Exercise. Get moving at least 30 minutes a day. According to the American Heart Association/American College of Sports Medicine guidelines, "all healthy adults ages 18-65 should be getting at least 30 minutes of moderate intensity activity five days of the week."

3. Maintain a healthy weight. While Body Mass Index (BMI) charts have their flaws, in general they are a quick and easy guide to tell if you're in a healthy weight range. If you're above that range, re-asses your diet and exercise regimen to achieve a calorie deficit and shed pounds.

4. Check out routinely. Relax and make enjoying life a priority, even if that means scheduling "me time" or fun activities with the family.

5. Check in routinely. Keep up to date on visits to your health care professional for lab work and overall physical and mental health.