

Health SOURCE

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Patients Rest Assured as Care Follows Them Home

Guiding You Through Your Heart Health

Patients Rest Assured as Care Follows Them Home

Guiding You Through Your Heart Health

By Lisa Farese | Photography by Craig O'Neal

Evelyn Brown embarked on what she thought would be like any other day, heading off to complete some routine blood work, however, shortly after, she would find herself in Orange Park Medical Center's intensive care unit.

"I felt terrible chest pains and was short of breath," she says. "I was very sick, and the next day my kidneys shut down."

It was here, in the most unexpected of places, that Brown would meet a new friend—one that "had her back." Deborah DeGarmo, Orange Park Medical Cardiac Nurse Navigator, was this friend. As Brown was preparing to undergo open-heart surgery, DeGarmo paid a visit to Brown.

"Debbie was so down to earth and a calming factor because, of course, I was scared," Brown says. "She told me she would help with any problems I had, would direct me to the right sources, help with appointments and generally make sure everything was going along without any problems—and she did."

"This service is not common to most hospitals in the U.S.," says Dr. Andrea DeNeen, Cardiologist, First Coast

Cardiovascular Institute. "Patients are receiving education from the nurse navigator once they go home, giving our patients an opportunity to discuss their discharge instructions, disease-specific education and medication questions, which are important to the patient's quality of life."

DeGarmo, as she was for Brown, is usually at the front lines of this endeavor. "As the nurse navigator, I provide a smoother transition from hospital to home or extended facility," she says. "Within 24 to 48 hours post discharge from the hospital, the patient will receive a follow-up call from the nurse navigator."

Brown, underwent mitral valve repair and a surgical intervention to treat her atrial fibrillation on Nov. 19, performed by cardiothoracic surgeon, Nathan Bates, MD, FACS. During her six days of recovery at the hospital, DeGarmo, Brown's nurse navigator, checked in on her. Upon discharge from the hospital, Brown was scheduled to go to a skilled nursing facility for further rehabilitation and recovery. It was here that Brown

"She gave me advice and backed me up. I really depended on [my nurse navigator] Debbie."

— Evelyn Brown, a recent open-heart surgery patient at Orange Park Medical Center

had questions about her follow-up care and especially about her blood sugar levels. So, she decided to call none other than her nurse navigator who answered her questions and gave her the confidence to act as her own advocate.

"She gave me advice and backed me up," Brown says. "I really depended on Debbie." In fact, DeGarmo would be there for her again once she was discharged

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Dr. Andrea DeNeen



Deborah DeGarmo



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From left: Nurse Navigator Debbie DeGarmo, Dr. Andrea DeNeen and Patient Coordinator Erin Plemons meet with Evelyn Brown to discuss follow-up care after her procedure at Orange Park Medical Center.

from the facility. "I was discharged [from the rehabilitation facility] with new pharmaceuticals and no training," says Brown. "Debbie called and talked about my discharge instructions and what to do next."

At discharge, the nurse navigator embarks on appointment setting, appointment reminders, assistance with

any issues filling new prescriptions ordered at discharge and serves as a point of contact for any concerns, such as questions about home health services or medical equipment needed at home, as DeGarmo did for Brown.

"When I got out of rehab, I found out I had an appointment that I didn't even know about, and Debbie made sure I didn't miss it," Brown says. "She assists you when you are not at your best, and even when she made my appointments, she asked me what I preferred as far as times." Today Brown is feeling stronger and finding herself able to do some of the things she enjoys doing such as going out to eat and running errands to places like Sam's Club—all things she couldn't do before.

"I can breathe easier, I don't get short of breath, I have a nice, normal sinus rhythm, and I don't worry about a heart attack," she says. "I'm on the road to recovery."

Brown's nurse navigator still follows up with her every 3-4 days to check on her eating, sleeping and general wellness.

"I love to educate patients and guide them into wellness," DeGarmo says. "Many patients still have questions and having a nurse to be their own personal educator is well received and appreciated."

"The nurse navigator program is taking healthcare beyond the four walls of the hospital and into our patients' homes," says Dr. DeNeen.

And Brown can attest to this as she looks forward to a healthier future. "Debbie was helpful in many ways and gave me good, strong advice," she says.



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letter from the publisher ••••

The messages that I share are usually warnings, forebodings or just different ways to adjust your life for your health and well-being.

This month, along with heart health issues, love is covered within the pages of our February HealthSource publication. How fitting is it being it is the same month that couples all over scour the First Coast for reservations at their favorite restaurants, mail roses to places of work, and give gifts to their loved ones?

Now, I'm going to pose a question for you. This is a question that I'm sure you have been asked before. What is love? Everyone has their own definitions of this human phenomenon. It's truly a special bond between two people that only they can explain, because it is such an intimate emotion. I believe that love is caring about someone's life more so than your own, and it is accepting someone fully for everything they are, perfections and flaws. There is hard science behind how our minds engage with love, whether it be



the love between parent and child, or something romantic.

Love is an important part of being human. I hope you enjoy this issue of our HealthSource magazine!

Best Regards,

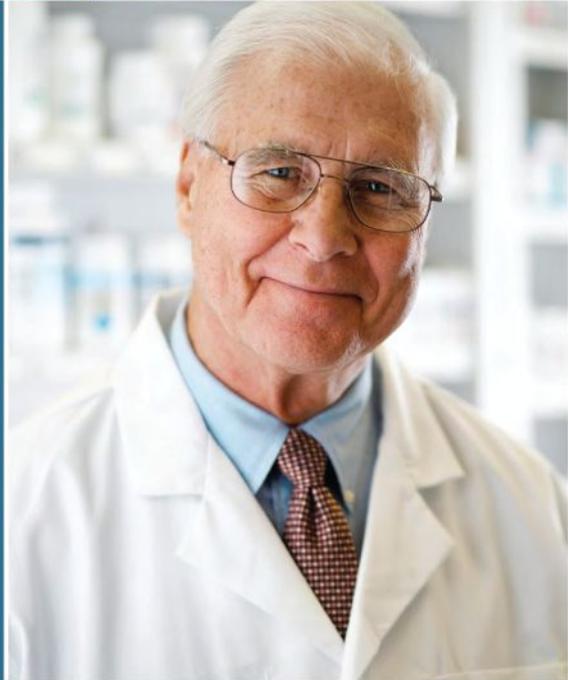
A handwritten signature of A.J. Beson in black ink. The signature is stylized and cursive, appearing to read 'A.J. Beson'.

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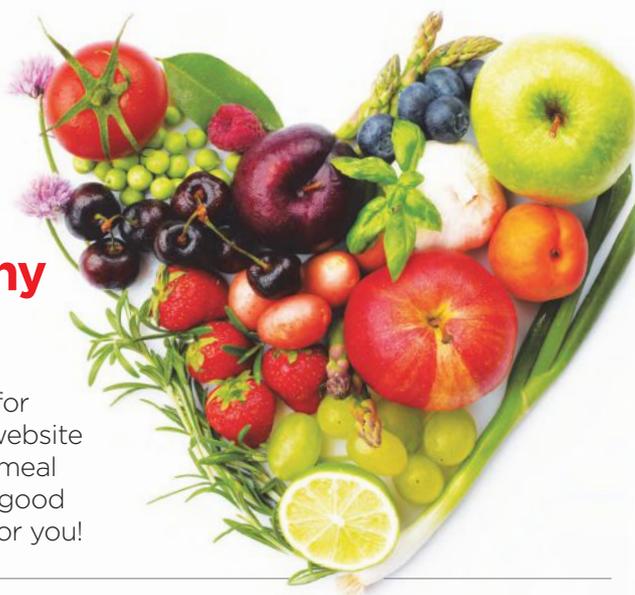
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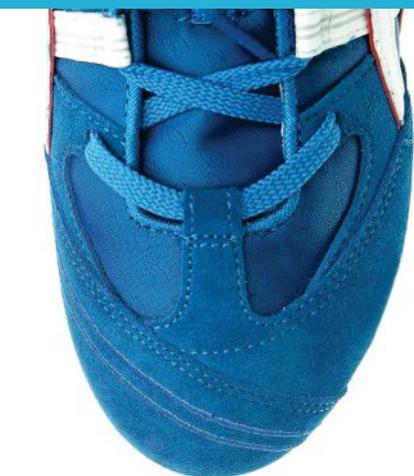
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Heart Healthy Recipes:

Looking for some new recipes that are great for the ticker? Go to our website to see some delicious meal ideas that are not just good to eat, but also good for you!



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Q & A with Michael Mayo and a history of the Heart Ride



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3 Easy Ways To WORK CARDIO INTO YOUR DAY

By Bob Fernee

The heart is a muscular organ, about the size of your fist, and like all muscles it needs exercise to stay fit and strong. We often hear the words, “cardio workout,” but what do they really mean?

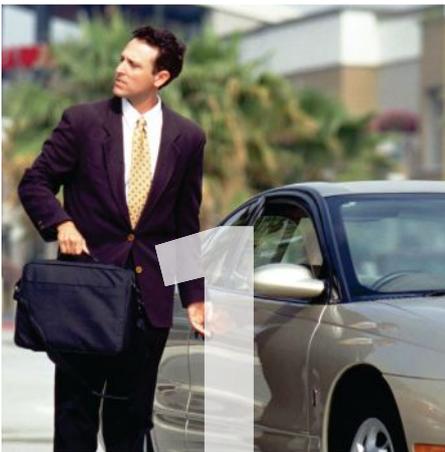
Cardio has become the shortened version of cardiovascular, meaning heart and lungs. A cardio workout requires using the heart and lungs. In order to do this, you must involve the large muscles of the body, primarily the legs, in an aerobic activity for an extended period of time.

The Center of Disease Control (CDC) and the American College of Sports Medicine (ACSM) recommend every adult try to accumulate a minimum of 30 minutes of moderate physical activity nearly every day. Accumulated means that it does not have to be done all at once nor does it have to be the same activity.

Moderate Activity includes things like gardening, raking leaves, mowing the yard, washing the car and mopping floors. Yes, the stuff no one likes doing but your heart likes it when you do. Recent studies have shown that even just 10 minutes of regular exercise will lead to better cardiovascular health.

How can you add more exercise to your busy daily life?

Here are three ways to work a little cardio into your day:



Parking your car further away from your workplace. Right away you have added valuable heart healthy steps.



Use the stairs. Believe it or not, those heart-pumping, leg-tiring stairs are your friend and training partner. Do as many as you can and when they get easy, pick up the pace.



Go outside for a lunchtime walk. Push away from the lunch counter and stride out down the street. Get that heart rate up. I know a man who lost 35 pounds doing this.

Written and Photographed by Maggie FitzRoy

MEL & DEBBIE GOTTLIEB

Their lifestyle change restored his health—now they inspire others

Mel Gottlieb used to love meat. His father was a butcher. His first business was a fried chicken take out restaurant. For many years his lunch every day was a barbecue beef sandwich. He was, he says, “a meat expert.”

Not any longer. Now, he and his wife Debbie are vegetarians. Mel rides his bike almost every day. He gives healthy snacks to his employees, and provides them with a company gym, as well as regular visits from a nutritionist, yoga instructor and life coach.

His healthy lifestyle change, and his desire to help his employees as well, was triggered by a heart attack he suffered in 2002, followed by chest pains that indicated further cardiac problems in 2009. Changing his diet, ex-

ercising more, and practicing stress reduction techniques transformed his health to the point where he completely reversed the damage done by heart disease.

Now he is a healthy heart advocate.

“I’m really passionate about the fact that the number one killer in the U.S. is preventable and reversible – and yet it remains the number one killer,” he says. “I find it very, very frustrating.”

He wants people to know that they can change, and take responsibility for their own health, because he did.

“When I wanted to eat meat, I asked myself a question,” he says. “What should I tell my wife and children about the fact that eating a piece of meat was more important for me than living a healthy life and enjoying it? I never found an answer.”

Recently Mel, who runs the medical billing company Martin Gottlieb & Associates, joined



Mel and Debbie Gottlieb in the Martin Gottlieb & Associates gym. Good health in the workplace is a part of their company's philosophy.

“Mel and Debbie are an incredible example of people who are making personal lifestyle changes. And they have led by example.”

— Heart Ball director Ellen Leroy-Reed



Martin Gottlieb & Associates employee Chris Frantz works out in the company's on site gym.

Tickets are still available for the American Heart Association Taxes and Tennis Shoes First Coast Heart Ball March 20 at Sawgrass Marriott Golf Resort & Spa in Ponte Vedra Beach. For information call 904-256-5724

the board of directors for the American Heart Association Metro First Coast. Debbie is on the St. Vincent's Foundation Board. They launched a Heart Smart program this year at St. Vincent's Medical Center, an eight-week course led by a registered dietician that includes heart healthy cooking and nutrition counseling.

And they will be honorees at the American Heart Association 2015 Taxes and Tennis Shoes Heart Ball on March 20.

"Mel and Debbie are an incredible example of people who are making personal lifestyle changes," Heart Ball director Ellen Leroy-Reed says. "And they have led by example."

Mel has always been a go-getter. He delivered newspapers as a boy, and worked at a five and dime store in Jacksonville.

As a young man, he opened his fried chicken take out, followed by a second fried food restaurant. But he got out of that business for the sake of his health – which wasn't threatened then by the greasy food, but by the fact that he was held up 13 times.

It was sad, because "there was a point where you weren't even afraid of getting held up," he says. "You knew the drill – lie down on the floor and let them take your money."

But the twelfth time was "terrifying" because his father was there, he says. The robbers threatened to throw 375 degree oil on them if they didn't give them more money.

But "there wasn't any more money," Mel says. They were saved when one of the robbers threatened to shoot the other because he said he wasn't there "to kill anybody."

"I decided 'I'm out of here,'" says Mel, who started running a urology practice for his brother-in-law, then ran his own business from 1978 to 1993.

He retired completely in 1995 and "changed his identity," becoming a very busy philanthropist, Debbie says. Parents of three grown children – Martin, Aaron and Joy – they also did a lot of traveling.

Then Mel had his heart attack in 2002, at age 56. After quadruple bypass surgery, he was told he was "fixed." He

“I’m really passionate about the fact that the number one killer in the U.S. is preventable and reversible – and yet it remains the number one killer.”

— Mel Gottlieb

started eating less fatty steaks, and occasionally skinless chicken breasts, but other than that “I kept on doing what I was doing,” he says.

He went back to work in 2004 to run his son Martin’s business after his son died unexpectedly at age 32.

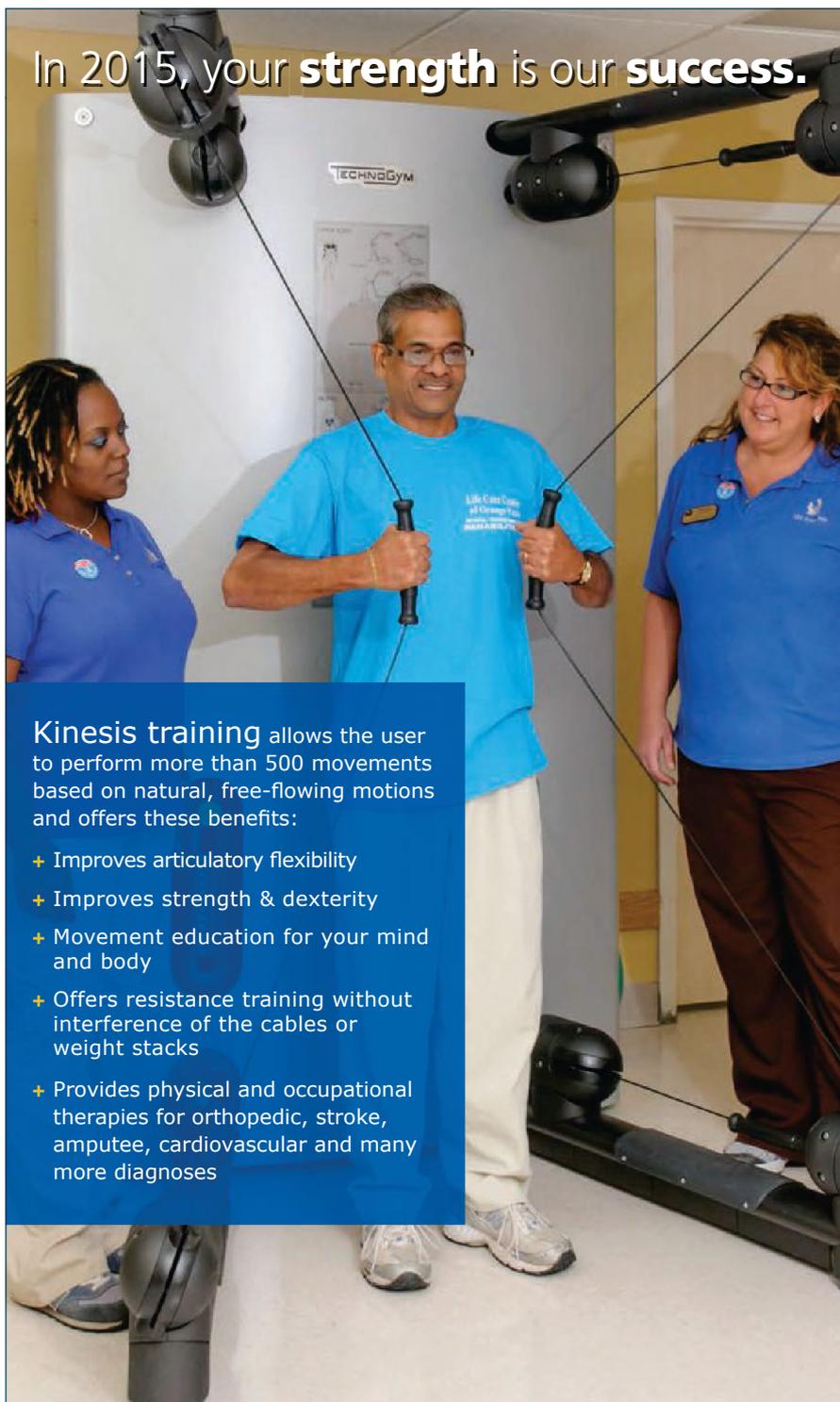
Then chest pains and medical tests in 2009 told Mel he must change his life again. The tests indicated that small blood vessels in his heart were clogged and that no surgery or medication could fix it. His only option was to change his lifestyle. His doctor recommended he read “Reversing Heart Disease” by Dean Ornish, which promotes a plant-based diet, exercise and stress management. *(Read more about the Ornish program on page 28.)*

The Gottliebs embraced Ornish’s ideas, but “I felt like we should find a place to teach us the lifestyle,” says Debbie, who found Wellspring, in Silverton, Oregon. There, the Gottliebs learned a new way of life during a week of intense training and immersion.

After following the program for a year, cardiac tests indicated Mel’s heart was normal.

Now, many of Mel’s 300 employees are changing their lives. They’ve formed walking groups, and workout together. Some who have diabetes have reduced their need for insulin. And one has lost 50 pounds. HS

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Q&A

Nathan Bates, MD, FACS

Dr. Bates, a Harvard trained cardiothoracic surgeon, is the medical director of Orange Park Medical Center. He provides state-of-the-art surgical procedures, including minimally invasive valve surgery and daVinci robotic assisted thoracic surgery.

Q What made you want to become a cardiac surgeon?

I really enjoy the complexity of heart surgery. Patients come to me when it is truly a life or death situation, and there is an intimate bond formed between a heart surgeon and a patient. It is humbling to be the person they entrust with that care.

Q What types of conditions usually require a heart surgery?

If someone has a blocked artery we have to do a bypass surgery, if there is a malfunctioning heart valve we will repair or replace it, or if there is an aneurysm on the aorta we will replace that too. Those are just some examples.

Q You usually see people in pretty dire straits, and in many ways one could consider you a miracle worker. Could you share with our readers a particularly memorable surgery?

Last year, I did the first robotic mitral valve procedure ever performed in Northeast Florida. The patient really had to entrust in me, and it took a lot of courage for him to allow me and my team to do that surgery.



Photo by Woody Huband

Q What should people look for in choosing a cardiac surgeon?

I think it is important to know the surgeon's reputation through referring doctors, such as your cardiologist. But don't be afraid to get a second opinion. It is important to be comfortable with your surgeon. Ask your surgeon about their facility's star rating, provided by the Society of Thoracic

Surgeons - the highest being 3 stars, which we have achieved at Orange Park Medical Center three years in a row.

Q Can you share one amazing fact about the heart?

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Want to live longer? **BETTER GET RUNNING.**

By Bob Fernee

I know a lot of people who have been running for a long time. Me too, I've been at it for over 40 years and except for a few little injuries it has been, and continues to be, an enjoyable, positive, health-inducing experience.

I recently attended the funeral of a running friend. He made it to 86 and bar the last couple of years was as fit as a fiddle. He ran 35 GATE River Runs and 15 Boston Marathons. Up to his last breath, his heart was strong and younger than its years. Was it the running?

Dr. Norman Patton is a Jacksonville Mayo Clinic cardiologist and avid runner. He says, "When a person is running it increases the heart rate, the heart contracts better and there is an increase of blood around the body."

Running lowers the resting heart rate and the heart pumps more blood with each beat. That means the heart requires fewer beats per minute

to supply the body with oxygen. It is believed that a lower heart rate is one of the reasons fit people live longer. Running makes the heart more efficient and keeps it in better condition.

Coronary arteries, which supply blood to the heart, are more likely to stay large and clean, and clean arteries prevent heart attacks. This also lowers the risk of heart disease, cancer and diabetes.

Weight loss is also a benefit. Dr. Patton says, "Running will make the vessels more open and supple, though the effect on the heart is less described. And if the person loses weight the heart has less work to do."

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Dr. Norman Patton



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the American College of Cardiology analyzed information from more than 55,000 American adults aged 18 to 100 years, 25 percent of whom were runners. The runners reported the frequency, distance, speed and time of their runs. Over a 15-year period, runners were 45 percent less likely to die from heart disease and 30 percent less likely to die from any other cause. The findings held up even when researchers took into account risks like, age, smoking and drinking habits, or health conditions such as high blood pressure.

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The Benefits of Feeling the LOVE

Compiled by Nan Kavanaugh

5 Facts on Love and Your Health

1. The Merriam Webster Dictionary defines love as: a (1): strong affection for another arising out of kinship or personal ties <maternal *love* for a child> (2): attraction based on sexual desire: affection and tenderness felt by lovers (3): affection based on admiration, benevolence, or common interests <*love* for his old schoolmates> b: warm attachment, enthusiasm, or devotion <*love* of the sea>
2. Positive emotions towards other people can lead us to better health and well-being according to a 2013 study at UNC Chapel Hill. By monitoring vagus nerve, which has parasympathetic control over the heart, they determined that those participants that held strong loving connections with others were overall healthier than those who did not exercise that emotional connection. The researchers describe this effect as an “upward spiral” where positive emotions lead to better health, which in turn creates more positive emotions.
3. According to a 2008 Brigham Young University study, people happily married have a lower blood pressure than those in struggling relationships. The study showed that being alone is better for blood pressure than being unhappy in wedlock.
4. There are three phases of love: lust, attraction and attachment. Lust is driven by hormones which increase blood flow to our brain’s pleasure center. In the attachment phase while we develop a tolerance to the euphoric feelings, endorphins and hormones still fill the body creating a sense of security.
5. The heart shape we associate with love may trace back to an early form of birth control made from the silphium plant in the seventh century B.C. The plant’s seedpod was shaped like a heart. **HS**





This is Your Brain on

LOVE

By Caren Burmeister

Science is proving that matters of the heart affect our whole being and there may be evidence that it's all in our heads.

Science is proving that matters of the heart affect our whole being and there may be evidence that it's all in our heads.

Recent brain research shows we're cognitively wired to be in loving relationships and that a disruption in that connection, such as when a child is abandoned by his parents or the break-up of a marriage or long-term partnership, reduces brain activity, learning ability and causes profound depression.

With the help of medical imaging, researchers find that when a person falls in love the brain releases euphoria-inducing chemicals that can profoundly affect cognitive functions. On the flip side, new science shows that children reared in orphanages without a loving surrogate actually had smaller brains and less brain activity than children raised in loving homes.



“Our main need is to connect and bond with other humans. Our species evolved above any other species because of this bonding and connection.”

— Dr. Justin D’Arienzo



“We finally have hard data to prove this is occurring in the brain,” says Dr. Justin D’Arienzo, a Jacksonville-based psychologist and relationship expert. “We’re definitely wired to connect.”

It comes as no surprise to social scientists who have long known the value of a loving, committed relationship with an emotionally responsive person.

“We are social beings,” D’Arienzo says. “Our main need is to connect and bond with other humans. Our species evolved above any other

species because of this bonding and connection.”

For many abandoned children, that evolution – specifically brain development – may be seriously harmed.

A 2012 study on hundreds of orphans reared in Romanian institutions showed many of them had “disturbingly low levels of brain activity,” which could explain odd emotional behavior, delayed language and a range of other symptoms.

The study, conducted by researchers from Harvard Medical School and



These are some of D’Arienzo’s tips to help our relationships flourish:

- Solid relationships require emotional engagement, responsiveness and empathy. To be present for the other person we need to put down the cell phone and validate what they’re saying to us. It helps to repeat back to them what they’ve said to us.
- We’re not only providing safety and security for each other in tough times, we also need to be available in times of joy.
- Don’t forget the importance of touch and cuddling. People need physical touch to strengthen their attachment.
- Be aware that there may be unspoken needs that aren’t being met. In a safe, secure relationship people talk about their feelings, such as fear or rejection, and can meet each other’s needs.
- Recognize that other people’s issues are their own. While you don’t need to take it personally, you do need to be aware of it and process it.



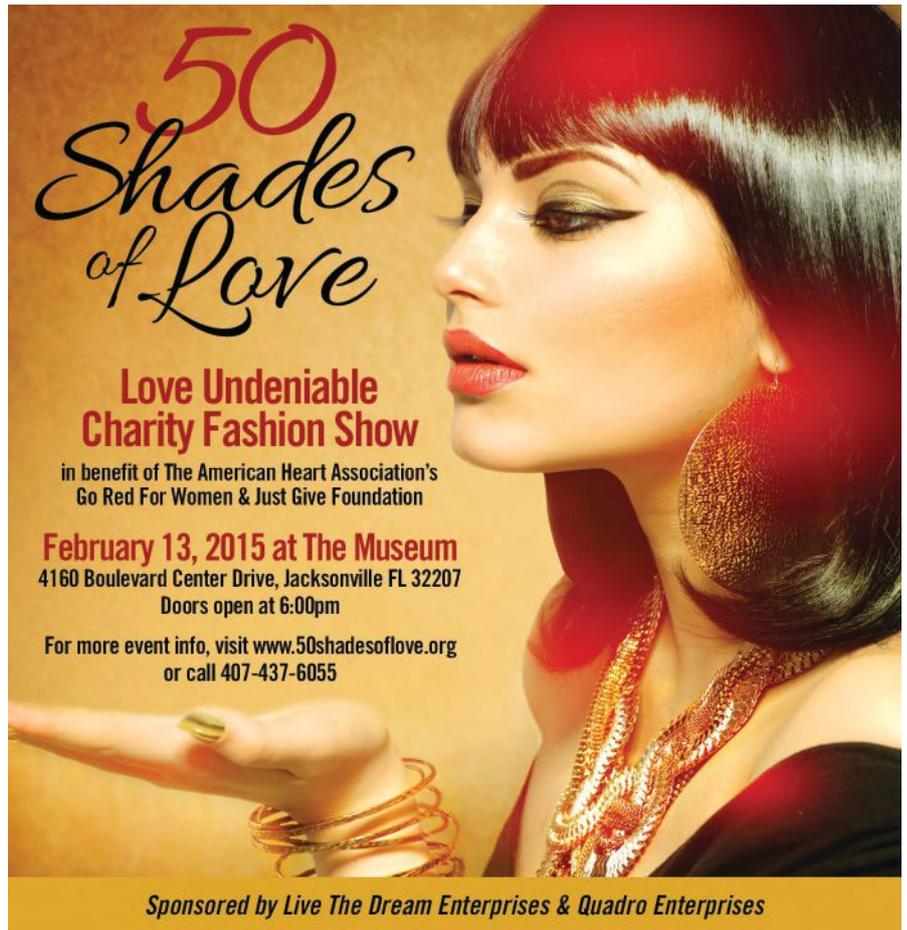
Boston Children's Hospital, used electroencephalography (EEG) to measure electrical activity in the orphans' brains. Additional imaging with an MRI, as the children grew older, showed their brains were physically smaller.

Without a bond with the mother, or another loving, emotionally responsive adult, the brain's wiring goes awry, D'Arienzo says. This is particularly true in the first two years of life, "when the brain is in a period of budding and pruning. We can rewire the brain if a loving adult is in the picture."

This sets the foundation for children as they become adults and develop long-term relationships. When we meet someone we're attracted to and fall in love a dozen areas of the brain collaborate to release euphoria-inducing chemicals such as dopamine, oxytocin, adrenaline and vasopressin, according to a 2010 study, "The Neuroimaging of Love." The feeling affects sophisticated cognitive functions, such as mental representation, metaphors and body image, according to the study by Stephanie Ortigue, a professor of psychology and neurology at Syracuse University.

These relationships can help calm and regulate our emotions when the world feels like a dangerous place, D'Arienzo says. The findings have serious mental health implications because when these relationships don't work out, we're "expecting the same reward and not getting the same kick anymore."

"People are like drugs to us," he said. "We're literally going through withdrawal." **HS**



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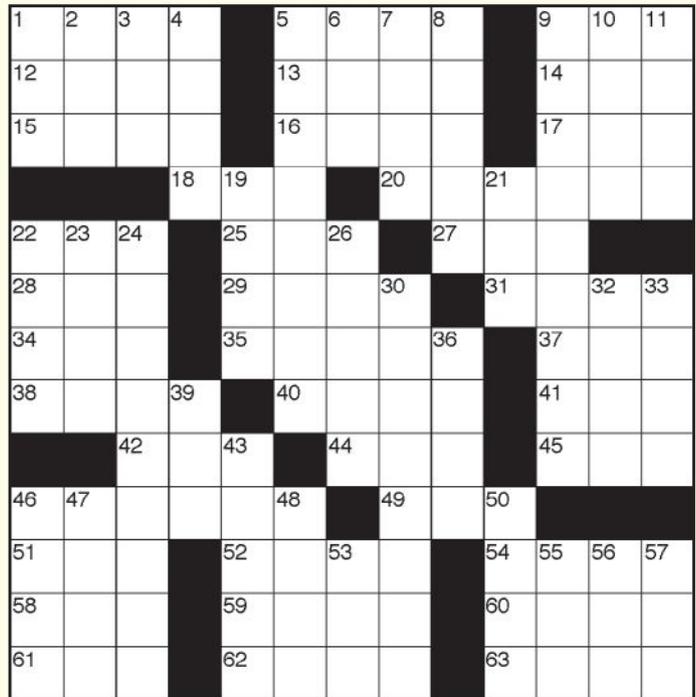
**Your brain is like any other part of your body.
It can atrophy if you don't make the time to keep it active.**

Crossword puzzles are a great way to flex your brain cells, and science shows that they can strengthen your cells and may even help to create new ones. Here is a puzzle to get your brain in the game...enjoy!

SOLUTION ON PAGE 33

Across

- 1 Metrical Unit
- 5 Arabian judge
- 9 Grandfather of Saul
- 12 Exude
- 13 Sleeping
- 14 Mountain on Crete
- 15 Javanese carriage
- 16 Weed
- 17 Computer generated imagery (abbr.)
- 18 Alcott heroine
- 20 Sable
- 22 Article
- 25 Nat'l Endowment for the Arts (abbr.)
- 27 Garland
- 28 Time period
- 29 International (abbr.)
- 31 And other: abbr. (2 words) (Lat.)
- 34 Sinbad's bird
- 35 Fr. author
- 37 Amer. Dental Assn. (abbr.)
- 38 Wing (pref.)
- 40 Grape syrup
- 41 Jap. fish
- 42 Article (Fr.)
- 44 Negative population growth (abbr.)
- 45 Deviate
- 46 Necktie
- 49 Droop
- 51 Male person
- 52 Baseball equipment
- 54 Eth. Danakil people
- 58 Pointed (pref.)
- 59 Afr. tree
- 60 Polish rum cake
- 61 Footlike structure
- 62 Direct
- 63 Poetic foot



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A1

Down

- 1 Before some vowels (pref.)
- 2 Tumor (suf.)
- 3 Free
- 4 Monad
- 5 Felis (2 words)
- 6 Amateur Boxing Assn. (abbr.)
- 7 Skin (suf.)
- 8 Utopian
- 9 Wink
- 10 Wayside
- 11 Pour
- 19 Camelot lady
- 21 Female ruff
- 22 Manmade protective mound
- 23 Owl's cry
- 24 Moon of Saturn
- 26 Hindu soul
- 30 Pulka (2 words)
- 32 City in Judah
- 33 Den
- 36 Legend
- 39 Race the motor
- 43 Palmetto
- 46 Thunder sound
- 47 People
- 48 Subtract
- 50 Taro
- 53 Yarn measure
- 55 Federal Aviation Admin. (abbr.)
- 56 Antiballistic Missile (abbr.)
- 57 Mortar beater



THE Ornish Diet

By Jon Vredenburg, MBA, RD, CSSD, LD/N

Heart disease remains the nation's number one killer, but aggressive treatment solutions are challenging for patients to embrace. After all, heart disease is often a disease of lifestyle and changing lifestyle is a monumental task. The Ornish Diet program is a monumental solution.

The namesake for the program is Dr. Dean Ornish, a physician and clinical professor of medicine at the University of California at San Francisco. His program is actually one of four interrelated elements that include: stress management, physical activity, and emotional support – in addition to nutrition. The program emphasizes food choices across a spectrum, without rigidity, but gives a clear message that in order to reverse heart disease you need to travel to the healthiest end of his spectrum of food choices.

The distinguishing features of the Ornish program are that it is practically devoid of animal products and it caps fat consumption at 10 percent of total calories, and dietary cholesterol at 10 mg per day. The only animal products permitted are egg whites and non-fat dairy. In comparison, the American Heart Association's Therapeutic Lifestyle Changes (TLC) Diet calls for fat consumption at 25-35 percent of total calories and no more than 200 mg of cholesterol daily.

*Visit us
online for
a heart
healthy
recipe
from the
Ornish
Spectrum*

The distinguishing features of the Ornish program are that it is practically devoid of animal products and it caps fat consumption at 10 percent of total calories, and dietary cholesterol at 10 mg per day.

The spectrum of food choices that Dr. Ornish teaches are arranged into five groups. Foods in group one are predominately, fruits, vegetables, and legumes, and are the most healthful. Foods in group five are the least healthful and include red meat, egg yolks, butter, cream and fried foods. Along the spectrum you will find seeds and nuts (group 2), low fat dairy (group 3), and even cookies (group 4). Dr. Ornish wants patients to find the foods they eat most often and try to move in a more healthful direction along the spectrum. The program is quick to teach that nothing is forbidden.

The Ornish program has been studied for over 30 years and in 1990 the first evidence was presented that heart disease could be reversed without drugs or surgery. A randomized trial of 48 heart disease patients showed that artery blockages were reversed after one year of following the program and remained that way after five years. This finding was in stark contrast to the control group, which had worsening blockages at both time periods.

Lifestyle changes are now a major player in medical care, even in a society that quickly reaches for medication to treat disease. The Ornish program was groundbreaking in teaching that lifestyle can actually make all of the difference. Learn more at ornishspectrum.com. HS

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I HEART WINE & CHOC

By Nan Kavanaugh

It is hard to imagine a world without wine and chocolate. Both have been staples of the human diet since ancient times. Scientists of the 21st century seem to agree that aside from being utterly delicious, both red wine and dark chocolate may also be good for your health.

CHOCOLATE

Chocolate: The Magic Cocoa Bean

When you look at a bar of chocolate, it doesn't necessarily look all that appetizing. But all it takes is one bite to realize that there is something magical hiding behind chocolate's mundane façade. The cocoa bean, chocolate's primary ingredient, is chock full of a class of plant nutrients called flavonoids. They support a plant's ability to heal itself from damage, and fortify itself against toxins in the environment. When we ingest flavonoids, they seem to benefit us as well. The major nutrient in this class found in chocolate is called flavanol. Flavanols can lower blood pressure, and improve the circulation of blood to the brain and heart. But not all chocolates are the same. Dark chocolate is the better choice. Dark chocolate is more nutrient dense with flavanols than milk chocolates, because it is less processed, and usually not pumped up with extra sugars. The higher the percentage of cocoa in a chocolate bar, the better it is for you.

The key to being a mindful chocolate lover is to be a purist. Avoid the bar laced with nougat and other add-ons. A simple square of dark chocolate can go a long way on a rough day.

Chocolate Bars for the Health Nut

Here are our top three favorite chocolate bars with a high cocoa content:

1. **Chocolove:** 77 percent cocoa, the bar is made in Boulder, CO and easy on the taste buds
2. **Endangered Species Extreme Dark Chocolate:** 88 percent makes it super high in cocoa, and its purchase goes to a good cause
3. **Bernard Castelain:** 85 percent cocoa and made in the Rhone Valley of France, home to some of the world's best wines. This chocolate is so rich that a little goes a long way.



Red Wine is Good for Your Ticker

The media has been buzzing for years about how red wine is good for your heart. Red wine is rich in antioxidants called polyphenols, which are thought to strengthen the lining of blood vessels in your heart. In particular, a polyphenol called resveratrol has been of interest to scientists.

Resveratrol is derived from grape skins used in winemaking. The fermentation of red wine is a more lengthy process than white wine. This allows for red wine to have

higher resveratrol content. Studies on resveratrol have mainly been done on animals, and the results seem to suggest a multitude of health benefits. From strengthening blood vessels, to reducing “bad” cholesterol, and even reducing the risk of diabetes, resveratrol is an antioxidant that seems to have a lot of potential for human health. That is the good news. The bad news is that research shows that the positive effects are relatively temporary.

Not to end on a sour note: Many studies have shown that moderate

drinking (one glass a day) of any type of alcohol can benefit your health. Aside from altering your blood pressure, your heart receives the benefits of having higher quantities of (HDL) or “good” cholesterol. It can decrease your chances of developing blood clots, and can help to keep your arteries healthy. Enjoying one glass is one of life’s simple pleasures, and nothing to feel guilty about. But the key to reaping the potential health benefits is not to over indulge. **HS**

**Technically, What is
"One Drink"?**

Here is a breakdown of what drinking moderately, or "one drink" a day, actually means:

- One Beer = 12 ounces
- One Glass of Wine = 5 ounces
- One Hard Spirit = 1.5 ounces

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SOLUTION TO PUZZLE
ON PAGE 27

M	O	R	A		C	A	D	I		N	E	R
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STRAWBERRIES

By Nan Kavanaugh

One of the perks of living in Northeast Florida is that our winter months are ripe with seasonal fruits high in vitamin C, like citrus and strawberries. A cup of strawberries has more vitamin C than a cup of orange, and the little red berry is also rich in calcium and vitamin K. Another little known fact is that the malic acid found in strawberries is also a great teeth whitener. This superfruit is easy to grow at home, and with one planting you can find yourself enjoying its bounty year after year.



HOW TO GROW:

Growing strawberries from seed can be tough and a time consuming process, so your best bet is to buy small plants and transplant them. Choose starter plants that are green and healthy. In Florida, the best dates to plant are between October 1 and November 15. They love soil that is sandy and drains well, which abounds in this region.

Growing a Strawberry Patch

A strawberry patch can be as big, or as small as you choose. Since they are a runner, which means their stems grow horizontally, a single plant can spread out quickly. Follow these transplanting tips to create your own thriving patch. Choose a spot that gets plenty of sun, but remember to give extra water in warmer months. Organic compost always gives a boost to growth as well.

- Transplant your strawberry plants 18 inches apart from each other. If you are planting in rows, each row needs to be 30 inches apart.

- Do not plant them too deeply. Just dig a small hole big enough to accommodate the roots and place the plant in and cover the roots firmly.
- Water well after transplanting.

Container Gardening with Strawberries

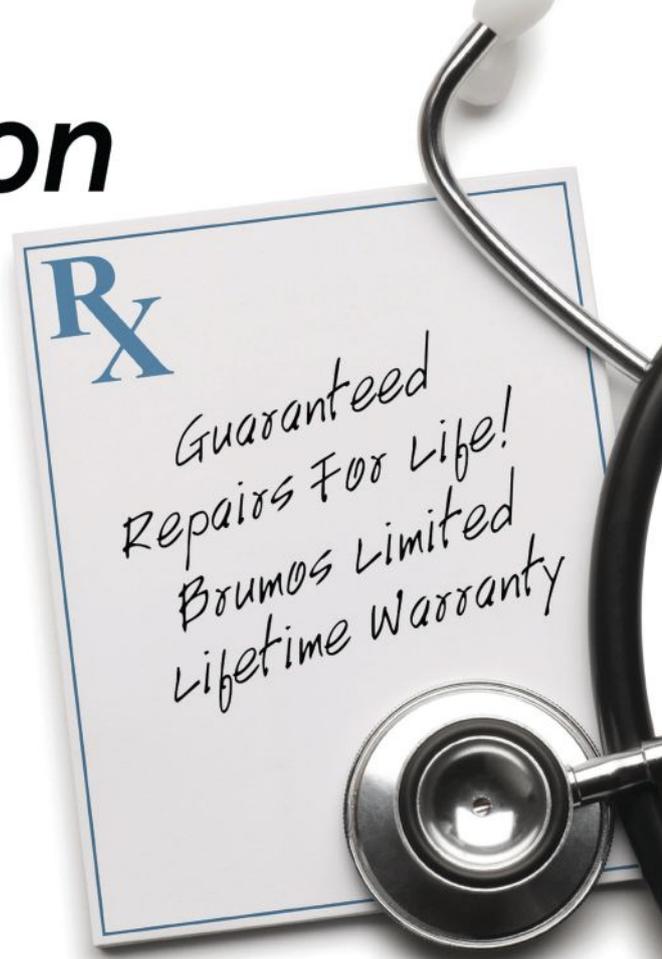
- Strawberries make great patio plants, and can thrive in both hanging baskets as well as pots. A perk to growing them in a container is that it will help to keep pests, such as slugs, down to a minimum.
- The pot should be a minimum of 18 inches in diameter. Drainage is important, so make sure whatever type of container you choose (the bigger means more fruit) that it has good drainage for soil.
- Fill your pot about two thirds of the way with potting mix.
- Build small 1-inch-round mounds about 6 inches apart. This is where you will plant your starters.
- Take your starter plants and shake off any dirt from their roots. Place the roots on top of the mounds.
- Fill the pot with more soil, up to where the plant begins to leaf, or its crown. Water thoroughly. **HS**

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