

# In The Pink



Striving to be in the best of health

## Heart Disease

Women, Heart Disease and Stroke

Heart attack, stroke and other cardiovascular diseases are devastating to women. In fact, coronary heart disease, which causes heart attack, is the single leading cause of death for American women. Many women believe that cancer is more of a threat, but they're wrong. Nearly twice as many women in the United States die of heart disease, stroke and other cardiovascular diseases as from all forms of cancer, including breast cancer.

The American Heart Association has identified several factors that increase the risk of heart disease and stroke. The more risk factors a woman has, the greater her risk of having a heart attack or stroke. Some of these risk factors you can't control, such as increasing age, family health history, and race and gender. But you can modify, treat or control most risk factors to lower your risk.

- **Tobacco smoke** — Smoking is the single most preventable cause of death in the United States. Smoking is a major cause of cardiovascular heart disease among women
- **High blood cholesterol** — High blood cholesterol is a major risk factor for heart disease and also increases the risk of stroke. Studies show that women's cholesterol is higher than men's from age 55 on. High levels of LDL (low-density lipoprotein) cholesterol (the "bad" cholesterol) raise the risk of heart disease and heart attack. High levels of HDL (high-density lipoprotein) cholesterol (the "good" cholesterol) **lower** the risk of heart disease. Research has shown that low levels of HDL cholesterol seem to be a stronger risk factor for women than for men.
- **High blood pressure** — High blood pressure is a major risk factor for heart attack and the most important risk factor for stroke. Women have an increased risk of developing high blood pressure if they are obese, have a family history of high blood pressure, are pregnant, take certain types of birth control pills or have reached menopause. African-American women have higher average blood pressure levels compared to Caucasian women.
- **Physical inactivity** — Various studies have shown that lack of physical activity is a risk factor for heart disease and indirectly increases the risk of stroke. Overall, they found that heart disease is almost twice as likely to develop in inactive people than in those who are more active. When you're inactive and eat too much, you can gain excess weight. In many people overweight can lead to high blood cholesterol levels, high blood pressure, diabetes and increased risk of heart disease and stroke. The American Heart Association recommends accumulating at least 30 minutes of physical activity on most or all days of the week.
- **Obesity and overweight** — If you have too much fat — especially if a lot of it is located in your waist area — you're at higher risk for health problems, including high blood pressure, high blood cholesterol, high triglycerides, diabetes, heart disease and stroke.
- **Diabetes mellitus** — Adults with diabetes have heart disease death rates that are **two to four times** those of adults without diabetes. People with diabetes often have high blood pressure and high cholesterol and are overweight, increasing their risk even more.

Information obtained from <http://www.americanheart.org>

## CZO Healthy Cooking Shelby's Favorite Veggie Soup

### Ingredients

- Broccoli crowns
- 2 Stalks of celery
- 1 onion
- 2-3 garlic pieces
- 1 head of cauliflower
- 4 carrots
- 1 tablespoon celery seeds
- 2 or 3 - 32 oz. cartons of Swanson chicken broth
- 2 or 3 - 14 oz. cans of Swanson vegetable broth
- seasons to taste, (i.e. pepper, season salt, onion powder, accent salt)
- Shrimp and/or Chicken breast
- Rice Noodles (lots of different companies make them; and they are usually located on the Asian food aisle at your local grocer)

### Garnish (to add to your personal bowl)

- Green Onions
- Serrano or Jalapeño peppers
- Cilantro (leaves picked from stems)



**NOTE: All your veggies MUST be fresh. I haven't tried this with frozen veggies**

Cut and wash all your veggies (veggies can be cut chunky).

Put your veggies in a boiler pan

Add both your chicken & veggie broth to your pan

Place on stove top, add your seasons and bring to a boil

After boiling starts, reduce your heat to low and simmer covered for an hour.

Taste your soup broth and add any more seasons

Grill your shrimp/chicken & cut into bite sized pieces

Cut your garnishes

Prepare your rice noodles according to the directions on your package.

When your soup is done, place broth & veggies in your bowl, your meat, noodles and any of the garnishes to your bowl.

Eat!

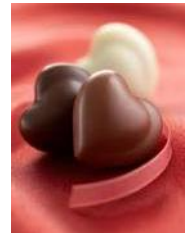
# Happy Heart



# Health Month

## Valentine . . .

## Dark Chocolate please!!



### Reductions in Stress

Eating dark chocolate as a regular part of your diet may help reduce your overall stress level. According to a study published in October 2009 in the "Journal of Proteome Research," people who ate 20 g of dark chocolate as a morning snack and afternoon snack showed lower levels of stress after a two-week period. The researchers report that the chemicals in dark chocolate, such as antioxidants, play a role in reducing stress levels.

### Keep Your Heart Healthy

Adding a small amount of chocolate to your diet can help reduce your risk of heart disease and lower your cholesterol levels. Flavanols are the antioxidants found in chocolate. These antioxidants can help improve blood flow, lower your "bad," or LDL, cholesterol and keep your blood pressure low. While all chocolate contain flavanols, dark chocolate contains the highest and healthiest amount. The heart healthy benefits of dark chocolate only occur if your intake of chocolate does not lead to unwanted weight gain or high saturated fat intake, which can end up contributing to heart disease. Eating a small square of a plain dark chocolate bar each day is enough to reap the heart healthy benefits.

### Control Your Appetite

Dark chocolate can help you control your appetite and eat less throughout your day. According to the findings of a 2008 study by University of Copenhagen scientists, men who ate 3.5 ounces of dark chocolate ate less overall than those who did not eat any chocolate. Researchers speculate that the dark chocolate can help you feel satisfied, which helps you eat less.

<http://www.livestrong.com/dark-chocolate-health-benefits/>

# Living Green



Living ways to save  
our environment and  
natural resources.

Information submitted by Soror Veronica

Did you know that there is an African American Environmentalist Association ?

The African American Environmentalist Association (AAEA), founded in 1985, is a national, nonprofit environmental organization dedicated to protecting the environment, enhancing human, animal and plant ecologies, promoting the efficient use of natural resources and increasing African American participation in the environmental movement.

AAEA's main goals are to deliver environmental information and services directly into communities. We work to clean up neighborhoods by implementing toxics education, energy, water and clean air programs. AAEA includes an African American point of view in environmental policy decision making and resolves environmental racism and injustice issues through the application of practical environmental solutions. We are the nation's oldest African American-led environmental organizations and we welcome all races interested in working for improvements in the African American community.

The African American community is as American as apple pie.

## Ways to Lower Energy Bills

### Replace your light bulbs

Cut down on your home's energy use (and brighten your rooms by replacing traditional incandescent lights with energy-efficient compact fluorescent bulbs. Fluorescent bulbs use 75 percent less electricity than incandescent and can last up to 10 times longer. Once available only in spiral shapes, compact fluorescents come in more aesthetically pleasing versions these days.



### Add insulation

Install a programmable thermostat. Never return to a chilly house or wake up to a cold bedroom in the morning again. A thermostat takes just 20 minutes to install and can be adjusted for several settings throughout the day to meet your heating needs.

### Use a special paint

If you plan to punch up a room with a fresh coat of paint, why not brush insulation onto the walls at the same time? Mix a nontoxic ceramic powder into your paint to reduce the amount of heat passing through your walls to the outside. The ceramic particles in the additive create a radiant barrier that reflects heat back into the room. And once you put it on, the walls are insulated for good.

### Protect your pipes

An insulating wrap acts as a safeguard. Place the precut foam lengths over cold-water pipes in crawl spaces, the attic and overhead in the basement to prevent them from freezing. And don't forget about the hot-water pipes: Hot water loses heat as it gets to its destination - your shower or sink. Wrapping the pipes keeps more of the heat in, so you can start your shower a little sooner.

## Is your Valentine interested in the unique, the rare, and the environmentally friendly?



Make a big impact on his or her Valentine's Day by getting something truly special. Try some of these unique recycled Valentine's Day gifts.

### **Jewelry**

You can take the recycled and environmentally friendly approach when it comes to jewelry. Instead of buying your jewelry new, try shopping for used jewelry. Buying new means putting your money toward organizations which fund strip mining and unethical practices such as slave labor. Instead, choose jewelry that has been loved before. Ebay and pawn shops are great places to buy used jewelry. Antique jewelry comes with the added value of having quite a history behind it.

If you just cannot bear to wear something that has already had more than one owner, you can still buy recycled jewelry. Some jewelers make their jewelry from old discarded pieces and from scrap gold and older loose gemstones. Leber Jeweler, Inc carries a line of Earthwise Jewelry that is made from reclaimed materials. Brilliant Earth carries an extensive line of conflict-free diamond jewelry. Green Karat also produces jewelry that is made from recycled gold and jewels.

Don't forget about costume jewelry. There are many artisans who produce beautiful handmade jewelry from recycled and natural materials. Etsy.com is a great place to shop for handmade jewelry, just do a search on "recycled jewelry" and you will find a great list of links.

### **Chocolates and Candy**

Almost everyone loves candy and chocolates. Instead of just a box of chocolates, why not package them in a great recycled box that can be reused? Secret Storage Books recycles old books by cutting out the center of the actual pages in the books and making them into secret storage boxes. Fill them with fair trade organic bonbons for your sweetheart. Once all of the chocolate is eaten, the book can be used as a secret hiding place to store spare keys, jewelry, money, or other items on a bookshelf.

### **Cuff Links**

Cuff links are back in style. There are a number of companies that provide gorgeous heirloom-quality handmade cufflinks from recycled materials such as typewriter keys, and even computer parts.

Try <http://www.eco-aware.com/catalog/cufflinks.php> for some unique and trendy gift options.

(courtesy of: <http://www.associatedcontent.com>)