

## LOVE THYSELF, LOVE THY HEART

*By Dr. Cathy*

February is the month when we traditionally think about LOVE, Romance, Relationships, etc. I wanted to write an article about the heart from the perspective of how this special organ works for us and connect it with how the heart works from the physical as well as emotional.

For centuries philosophers and scientists alike believed the heart to be the seat of the soul and today there is evidence that its position in the body and how it works through chemical, neurological and emotional stimulation for our physical health is evident. Presently we are more aware than ever how the mind and the emotions play a primary role in either enhancing or altering our heart's ability to function. Below you will find some interesting heart facts of how the physical work of the heart and its central location is responsible for the life giving blood pushed through to all arteries, capillaries, and from there to the end organ, joint or individual cells. This information alone is fascinating. I hope you will read and remember what a special organ the heart is.

The heart is the primary cardiovascular pump that renews every cell with life-giving blood, nutrients and oxygen. Our bodies are made up of cells, groups of cells called organs and organ systems and each one is dependent on the blood circulating through them to deliver sustenance as well as blood carrying away the metabolic waste created as the body breaks down and builds up second to second. In my practice I find that most people don't have any training on their anatomy, much less physiology. In addition, there is very little understanding of the dynamic living entity we call our selves. Many seem to think we as humans are our body and look at it as a stagnant "thing". Due to this lack of knowledge most of us when confronted with a "condition", any condition, begin to think of ourselves as permanently disabled in some way, or begin to think of a body part as Good or Bad.

Many refer to their heart as a "Bad Heart!" Good and Bad are moral judgments we learned as children to help us understand our environment, but not to then continue to categorize everything in life as Good or Bad. In other words we as doctors diagnose a condition and the person begins to think of themselves as that condition rather than realizing a condition will change if you can get into harmony with what creates health as opposed to accepting that one's health won't change, or one's heart is BAD!

A good example of this is the specialized organ called the Heart. The heart's cells are different than some of our other organs in that it contracts and dilates when our nervous system stimulates the fibers that carry an electronic charge. This is what you feel when checking the pulse. A literal beat comes through the arteries of the body. This is how we check heart rate and the basis of heart pumping pressure we call blood pressure. Read the list below and take into your consciousness how fabulous this machine that sends life- giving blood through every inch of our systems works for us:



## Heart Facts



- Your system of blood vessels – arteries, veins and capillaries – is over 60,000 miles long. That's long enough to go around the world more than twice!
  - The adult heart pumps about 5 quarts of blood each minute – approximately 2,000 gallons of blood each day – throughout the body.
  - When attempting to locate their heart, most people place their hand on their left chest. Actually, your heart is located in the center of your chest between your lungs. The bottom of the heart is tipped to the left, so you feel more of your heart on your left side of your chest.
- The heart beats about 100,000 times each day.
  - In a 70-year lifetime, the average human heart beats more than 2.5 billion times,
  - An adult woman's heart weighs about 8 ounces, a man's about 10 ounces,
  - A child's heart is about the size of a clenched fist; an adult's heart is about the size of two fists.
  - Blood is about 78 percent water.
  - Blood takes about 20 seconds to circulate throughout the entire vascular system.
  - The structure of the heart was first described in 1706, by Raymond de Viessens, a French anatomy professor.
  - The electrocardiograph (ECG) was invented in 1902 by Dutch physiologist Willem Einthoven. This test is still used to evaluate the heart's rate and rhythm.
  - The first heart specialists emerged after World War I.

There are several simple things your heart needs to continue its life course programmed into each cell. Your heart literally renews itself in 90 days. 90 DAYS! Why then do we have such a fear of Cardiovascular Disease? Is it because our fear of the No. 1 killer of men and post menopausal women is plastered on everything we read. Ever wonder why the public is only given negative information about this organ instead of positive information.

Perhaps it does pay to be sick, and to stay sick in a country where the majority of illness is based on excess, unlike other countries where most dysfunction is based on deficiency. If we knew we could change the status of our heart's condition would we?



In conclusion, there are simple instructions to get heart healthy, to love thyself and love thy Heart!

1. Nutrition is individual however there are a few general rules: Find out if you have deficiencies for healthy cellular growth and correct them. A simple metabolic test is available at our office, then correct the imbalance. Learn to give your body what it needs to maintain health and don't just eat what you like. That is called "diet". Give your body nutrition for recovery and healthy cells.
2. Move your body everyday in such a way as to challenge your heart muscle so it will learn to accommodate the movement you are involved in. An athlete's heart is known for being more efficient and therefore trainable so as to condition it to respond over time with less effort. Why aren't we all athletes in some form? Learn to SWEAT! It's good for you and cleanses dirty blood!
3. The blood is made of 78% water, so hydrate effectively. If you don't drink enough water (and most other beverages don't count) then learn to like it, because water loves you! Coffee, tea and alcohol are dehydrating so make up for it by consuming additional quantities of water when necessary. Drink 8 ounces of water for every dehydrator!
4. Get sufficient Rest, Sleep and RECREATION. A healthy heart is a well rested heart and one who responds to fun as well as rest.
5. Engage in life, express your feelings, allow yourself to go through experiences with an understanding that all of them are important and necessary to build your life experience by experience. Use your will to get yourself involved with building your life, your mind, your body, your heart, no matter what condition you are in at this moment. It will change and change according to what you are being and doing. Stop thinking of yourself as a stagnant "thing" and realize you are a vibrant, dynamic living being whose cells are in a constant state of change. Change is the only constant in the entire universe and it is that way for good reason. If change is constant and it has been proven so, then use it for your good. If you are a person in recovery from any illness then "take heart" and know if your body changed for the worse it will change for the better. Be patient as all things take time. Cardiovascular disease rarely occurs instantly, it takes years upon years to deteriorate such a fantastic set of specialized cells, but realize it doesn't have to take a long time to recover. Your body is an amazing instrument that will respond quickly.

Remember, *HEALTH IS NORMAL!* Illness then is a normal response to living in disharmony with the laws that govern your being, physically, mentally, emotionally and spiritually. Get into harmony with your greatness, accentuate the positive, learn about yourself and how you work as a whole being, body, mind and soul. This is how you will learn to Love Thyself, and Love Thy Heart! Let your heart be light and remember it's your duty to be joyful and to spread joy to your fellow men and women, so allow your heart to Love and to Love unconditionally.

We have a class coming up February 5th that will help you start this practice, take it, try it and then I challenge you to prove me wrong!

