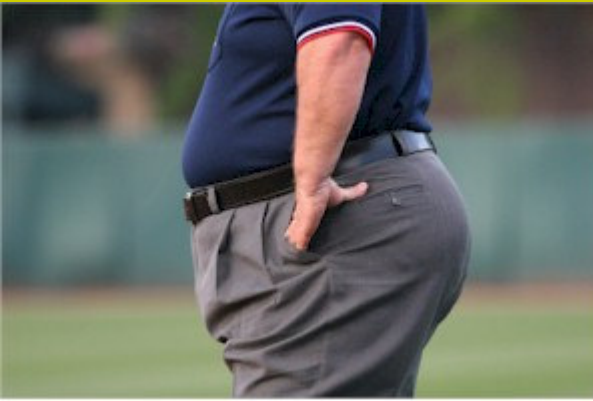


A Merry Healthy Heart

- Have a merry healthy heart
- What are Your Risks?
- Choices That Lead to a Merry Healthy Heart
- Spotlight On Apples
- Winning the Battle for the Body
- Tomato Basil Soup
- Local Support Group Meetings and Pot Luck Meal
- Legal Disclaimer

What are Your Risks?



According to the American Heart Association there are some factors that you cannot change. If you are a male age 65 or older and your parents had heart disease you are at higher risk. But there are some risk factors that you can change by your lifestyle choices. They are:

- Stop smoking and cut your risk in half
 - Lower your total cholesterol to under 150 and you are [heart attack proof](#)
- Increase daily physical activity to moderate or brisk, the more brisk the less risk
 - Lower your weight and lower your risk
 - Overcome diabetes mellitus or Type II Diabetes (Yes, it is curable by choices)
 - Choose to eliminate stress in your life
 - If you drink alcohol, have only one drink per day. (My advice is don't drink alcohol at all)

Check out the next article and learn how to make healthy choices that can protect you from heart disease.

[American Heart Association Risk Factors & Coronary Disease](#)

Choices That Lead to a Merry Healthy Heart



Would you choose to suddenly die and leave your loved ones? Would you choose to spend your retirement on hospital bills and rest homes? Certainly not. But that's exactly what you may do if your lifestyle choices raise your risk of heart attack and stroke.

Why not take charge of your body and beat it into submission? The apostle Paul tells us in I Corinthians 9:27 that he keeps his body under control so that he can "bring it into submission". As we

taught in last months' news, if we establish our regimen and stick with it, we can achieve mastery over our selfish whims that lead to ill health. Here are some choices that can lead you to establish a healthy lifestyle and lead you to a merry healthy heart.

- Eliminate smoking and drinking alcohol since both nicotine and alcohol are toxic to the body. Nicotine causes lung cancer and alcohol destroys lives and families.
- Eliminate all animal products since they are the source of cholesterol, which clogs arteries and leads to heart attack and stroke.
- Eat more raw fruits and vegetables, nuts and seeds which have zero cholesterol and they lower blood pressure and total cholesterol.
- Drink distilled water and fresh vegetable juices like fresh carrot juice and [Hallelujah Acres' BarleyMax](#), which give the body almost an instantaneous injection of live nutrition.
- Increase exposure to sunshine to 15-30 minutes per day or take [Hallelujah Acres' B-Flax-D](#) supplement. B-Flax-D contains the B complex vitamins, omega3-rich ground flaxseed, and Vitamin D.
- Exercise at least 30 minutes a day every day with [stretching, aerobics, and weight training](#).
- Get at least 8 hours of sleep per day to allow the body to restore and repair itself.
- Read the Bible and pray daily for that "merry heart" which comes from knowing and serving the King of Kings and Lord of Lords.