

JOEL FUHRMAN, MD

Women: Keep your hearts healthy

In recent years, the impact of heart disease on women has gained increasing attention. Though it is often thought to affect men disproportionately, heart disease kills more women than men.

Heart disease is responsible for 1 in 3 deaths of American women each year, killing more women than all cancers combined.

The standard American diet (SAD) full of white flour, sugars, oils and animal products promotes heart disease; as a result, it has become nearly ubiquitous to take medications for elevated cholesterol and blood pressure, and common for heart attacks and strokes to occur.

Health authorities often advise women to know the symptoms that may be characteristic of a heart attack, and they make lenient, ineffective dietary recommendations about reducing fat intake.

This does not work.

Instead, women can take control of their cardiovascular health; they can become so healthy that a heart attack is almost impossible.

A growing body of scientific literature shows that heart disease is easily and almost completely preventable (and reversible) by following an eating style rich in plant produce and dramatically lower in processed foods and animal products.

My 25 years in clinical practice is a testament to these principles. I have treated advanced heart disease for nearly a quarter century, and all my early adapters are still thriving into their 80s and 90s without experiencing heart disease again or requiring medications anymore for hypertension or high cholesterol.

When you learn how to take care of your heart with superior nutrition, you automatically take steps that will help to prevent diabetes, cancer, osteoporosis and other diseases, and maintain youthful energy, positive emotional outlook and enthusiasm for life. It protects your brain, not just your heart.

The most important strategy for taking care of your heart is to eat your G-BOMBS daily: greens, beans, onions, mushrooms, berries and seeds.

Natural plant foods have numerous cardioprotective effects. For example, greens activate the Nrf2 system, which turns on natural detoxification mechanisms and protects blood vessels against inflammatory processes that lead to atherosclerotic plaque buildup.

Higher consumption of fiber-rich vegetables, fruits and beans helps to keep blood pressure in the favorable range.

Beans, nuts and seeds have unique cholesterol-lowering capabilities. Berries and the flavonoids they contain have a blood pressure-lowering effect, plus berries and pomegranate have potent antioxidant and anti-inflammatory effects that protect against the development of heart disease.

Getting frequent exercise and maintaining a healthy weight are of course also important, as is minimizing added salt, alcohol and caffeine.

Radical fat exclusion or complete veganism is not the foundational principle here. The foundational principle is

micronutrient adequacy and nutritional excellence.

An extremely low-fat diet is not the optimal method to address this issue, since including nuts and seeds in the diet benefits cardiovascular health in several different ways including cholesterol-lowering, arterial function, blood glucose lowering, and weight maintenance.

Furthermore, the combination of delicious dressings and dips made from nuts and seeds with overall healthful diet and lifestyle habits, not only leads to more favorable outcomes, but also was demonstrated to add a significant increase in lifespan in the most thorough study investigating this issue.

Another important message I have for women: Don't be fooled by high-protein weight loss schemes that emphasize animal products and/or limit fresh fruit.

High-protein diets can generate ketosis, which predisposes one to electrolyte imbalances and cardiac arrhythmias that could lead to sudden cardiac death. High-protein, low-carbohydrate diets are associated with increased risk of cardiovascular disease and premature death.

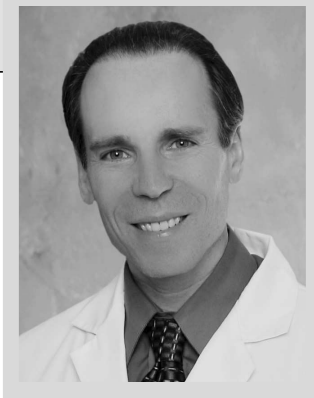
Animal protein also elevates IGF-1, which is associated with increased risk of several cancers, especially breast cancer as well as cardiovascular disease.

You can lose weight without compromising your health; the most effective eating style for weight loss is also the healthiest way to eat for protection from cancer and cardiovascular disease.

My book, Eat for Health, guides you easily through the transition toward a health-promoting Nutritarian diet and

helps you achieve a healthy weight and a substantial reduction in heart disease risk.

When you use lifestyle interventions instead of drugs to reduce blood pressure, cholesterol and other risk factors, you achieve much greater results - because a high-nutrient diet doesn't merely lower blood pressure and cholesterol, it floods the cells and tissues with beneficial phytochemicals and allows the body's self-healing mechanisms to work at their full capacity to restore health.



Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine. Visit his website at DrFuhrman.com, or submit questions and comments to newsquestions@drfuhrman.com.

Friendship Club donates to Florence Food Share

The Friendship Club held its annual picnic for members and their families at the Woahink Lake Yurt on Thursday, July 9.

Everyone was asked to bring nonperishable food for Food Share.

Guests were greeted with western music provided by Joan Long and friends.

After lunch they were entertained by Pat Wheeler and her line dancers.

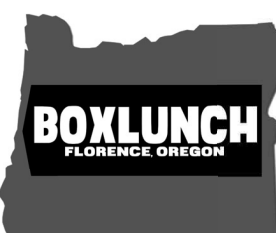
The Friendship Club meets on the second Thursday of

month, September through June.

The club sponsors card games year round. In addition to playing cards and enjoying good food, the club sponsors fundraisers for the benefit of the local community.

The next fundraiser will be a "Crazy Summer" luncheon and card party on Saturday, Aug. 15.

Contact Joan Randle 541-997-5326 for tickets. Advance ticket sales only.



Wed-Sat 10-7
At City Lights Cinema
1930 Highway 101,
Florence

BREAKFAST, LUNCH & DINNER
FRESH OUT OF THE BOX

541-991-0539
(we welcome call in orders)

THE GRILL & LOUNGE
AT SANDPINES

We are now open for lunch in the Lounge 7-days a week!!
Dinner Fri & Sat nights from 5-8pm
HAPPY HOUR 2-5 Wed-Sun

SATURDAY NIGHT DINNER SPECIAL
Surf and Turf Pasta ONLY \$14
"BEST VALUE IN FLORENCE PERIOD!!"

1201 35th Street at Kingwood, Florence
Highway 101 & 35 St. 541-997-4623

Summer Move in Special
\$500 off rent for 3 months

Carefree Lifestyle at The Shorewood!
Three meals a day in your own private restaurant, housekeeping included, beautiful yard, and no more piles of bills



1451 Spruce St. ~ 541-997-8202
Shorewood.retirement@gmail.com

Cindy Wobbe Estate Sales

ESTATE SALE TODAY!
1510 Yew Street (off 12th & Spruce)
9am to 3pm

Professional ♦ Ethical ♦ Experienced

CindyWobbeEstates.com
541.999.0126

DISTRACTED DRIVING | OTHER DISTRACTIONS COMING UP ON WEDNESDAY JULY 29: SOLUTIONS | HOW TECHNOLOGY CAN HELP

Phone Conversations

Sometimes, the statistics say it all. According to a AAA study, drivers talking on cell phones are four times more likely to be involved in a vehicle crash than drivers who are not distracted.

A University of Utah study showed that talking on a cell phone has a greater effect on reaction time than having a blood alcohol level of the legal limit of .08.

But why is talking on your phone while driving such a dangerous activity? The answer is a complicated one comprised of issues both psychological and physical.

THE DANGERS

Two types of cell phone behavior typically lead to unsafe driving conditions, and it may surprise you which one can have a greater impact on your driving.

These classifications of cell phone usage are:

- Handling the phone, which includes dialing, answering, text messaging and using it for GPS navigation. If your hands are on your phone, it means they aren't on the wheel.
- Conversations, which can be just as dangerous, as studies have shown your mental commitment to a phone call is demanding, even if you may not realize it.

EMOTIONAL ENGAGEMENT

The National Safety Council reports that in simu-



lated driving tests, drivers who were asked to carry on a cell phone conversation were so distracted that they went unaware of some traffic signals.

The study compared phone conversations to other related

activities such as listening to audio books and news radio, stating that these types of activities are less emotionally engaging, hence safer to do while driving.

The more emotionally engaged the subject, the

study found, the less attentive he or she was to safety signals.

Digging a little deeper, the results were unaffected by whether the subject manually held the phone or if the mechanism was hands free.

This means that even if you're following the law by using a hands-free device, you may still find yourself in a situation where you're unable to react quickly enough to a dangerous situation.

Jazz Night

City Lights Cinemas and It's About Time Productions present "Jazz Night" with the Miles to Go Quartet, Thursday, Aug. 6, at 7 p.m.

The doors open at 6:30 p.m. The show is from 7 to 9 p.m. Admission is \$10 with membership, \$12.50 for nonmembers.

A portion of the proceeds will benefit the Siuslaw school music program.

THIS MESSAGE SPONSORED BY:



• Serving the Community for 34 Years •

COMMERCIAL • RESIDENTIAL

541-997-8233 • 85040 Hwy. 101 S., Florence, OR 97439

- Drop Box Service
- Portable Toilets
- No cost to our customers for recycling service
- Portable Storage Units
- Recycling Specialists

Recycle Drop Off:

Cell phones may be taken to Siuslaw Public Library

