



HEART OF A WOMAN

Heart disease is the **NUMBER ONE** killer of Women.

1 in 3 deaths each year among women is due to heart disease.



27.4%

of women (ages 18-44) in the U.S are obese. Obesity is an independent risk factor for CVD, negatively affecting the hearts function and structure.

EVERY MINUTE

One women dies of heart disease in the U.S.



9 in 10 women have one or more risk factors for developing heart disease.

After **age 64** a much high percentage of women have high blood pressure than men.



Key heart disease risk factors for women.

- High blood pressure
- Excessive alcohol use
- High LDL cholesterol
- Physical inactivity
- **Obesity**
- Poor diet
- Diabetes
- Smoking

What's a women to do??



Moderate weight-loss of even as much as **10%** can **improve** or **prevent** obesity-related risk factors for Cardiovascular Disease.



• Get enough sleep.

• Exercise 30 minutes a day, 3 times a week.



• Limit alcohol intake to 1 to 2 drinks a day.

HEART HEALTHY FAMILY RECIPES

Sometimes after a long day at school, work, or chasing after kids, all that sounds good is ordering some easy takeout. But as we all know (and sometimes try to forget) takeout isn't the healthiest of meals, so it's best to opt for a home-cooked meal. Thankfully there are plenty of super heart healthy, delicious, and, most importantly, easy-to-make recipes out there that you can whip up and enjoy in no time. Your body (and budget) will thank you!

VEGETABLE TURKEY SOUP



Ingredients:

- 1 lb ground skinless turkey breast, broken up
- 3 large carrots (peeled, sliced)
- 3 medium zucchini (sliced)
- 1 small onion (chopped)
- 1 can no salt added tomato sauce
- 1 can no salt added cannellini beans (rinsed, drained)
- 2 medium garlic cloves (minced)
- 1 Tbsp dried Italian seasoning (crumbled)
- 1/2 tsp salt
- 1/2 tsp pepper
- 4 cups fat-free, low-sodium chicken broth

Lets Cook : Meal Prep: In a 1-gallon resealable plastic freezer bag add all ingredients except the broth. Place the bag flat in the freezer and freeze. Thaw the bag overnight in the refrigerator. Pour the contents of the bag into a slow cooker. Pour in the broth, stirring to combine. Cook, covered, on low for 8 hours, or until the turkey is no longer pink.

Serves 6 : Per Serving: Cal: 224 | Protein: 26g | Carbs: 27g | Fat: 2g | Fiber: 7g

ITALIAN EGG WHITE CAPRESE AVOCADO TOAST



Ingredients:

- 1 pint cherry tomatoes (halved)
- 1/4 cup basil, finely sliced, plus more garnish if desired
- 4 slices whole-grain or whole wheat bread (toasted)
- 8 scrambles egg whites
- 1 avocado, halved and pitted
- 1/8 tsp ground Black pepper
- 1/4 cup fat-free, shredded mozzarella
- 2 tsp balsamic vinegar

Lets Cook: Scramble egg whites and cook on stovetop until fully cooked. Toast each piece of bread. Slice the avocado in half and spoon out avocado from the skin into a bowl. Add the chopped basil and pepper. Mash together with a fork. Divide egg whites and avocado mixture between each

toast piece, spreading a layer of each onto each one. Top with tomatoes. Divide shredded mozzarella between each toast and drizzle with balsamic vinegar. Garnish with a few basil leaves, if desired. Enjoy.

Serves 4: Per Serving: Cal: 222 | Protein: 16g | Carbs: 22g | Fat: 9g | Fiber: 6.5g

HOMESTYLE CHICKEN NOODLE SOUP

Ingredients:

- 2 teaspoons olive oil
- 3 medium carrots (thinly sliced)
- 2 medium ribs of celery, leaves discarded, thinly sliced
- 1 small onion (diced)
- 4 cups fat-free, low-sodium chicken broth
- 1 1/2 pounds boneless, skinless chicken breasts, all visible fat discarded, cut into bite-size pieces.
- 3 cups water
- 3 tablespoons fresh Italian (flat-leaf) parsley, minced.
- 1/2 teaspoon dried thyme (crumbled)
- 1/4 teaspoon salt
- 1/4 teaspoon Black pepper
- 6 ounces dried no-yolk noodles



Lets Cook: Heat the oil in the pressure cooker on sauté. Cook the carrots, celery, and onion for 3 minutes, or until the carrots and celery are tender and the onion is soft, stirring

frequently. Stir in the broth, chicken, water, parsley, thyme, salt, and pepper. Secure the lid. Cook on high pressure for 12 minutes. Allow the pressure to release naturally for 10 minutes, then quickly release any remaining pressure. Remove the pressure cooker lid. Set the pressure cooker to sauté. Heat until the soup comes to a simmer. Stir in the noodles. Cook for 8 to 10 minutes, or until the noodles are tender, stirring frequently.

Serves 6: Per Serving: Cal: 282 | Protein: 30g | Carbs: 27g | Fat: 5g | Fiber: 3g

GET MORE RECIPES HERE!

Visit our blog at CarbEssentials.net or our recipes page at Physiciansplan.net for more recipes!

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



A NOTE FROM DR. POWELL, MD

B Vitamins For A Healthy Lifestyle

the rapidly dividing cells in the body (skin, hair and bone marrow). Maintaining immune system at optimal disease fighting capacity and the development of red blood cells. The B vitamins are used in every cell in the body that has the energy machinery called mitochondria. These are the power units in every cell in the body that create energy. The energy cycle in these power units is called **THE KREB CYCLE** and the B vitamins are required in every step of the cycle as cofactors in the **ENGINE** can't work up to it's full power.

The B vitamins are essential in many body functions, including; metabolism of fats and carbohydrates, synthesis of proteins, the transport and storage of Folate (another B vitamin) in cells and conversion of Folate to its active form. They are very important for

FEATURED PRODUCTS



*ProGranola
Protein Cereal*

This amazing high protein cereal puts the crunch back in your food plan without setting you back. Finally a granola that is keto, soy free, gluten free, grain free, low carb, and delicious. Available in three flavors Vanilla Cinnamon, Chocolate and Peanut Butter.



*Eat Me Guilt
Free Brownies*

Do you struggle with sweet late night cravings?? If so, we have just the thing for you, Eat Me Guilt Free Brownies! Eat Me Guilt Free goodies are safe to eat at any time of day. Breakfast, lunch, dinner, pre or post workout, you choose. They are convenient, great tasting and best of all GUILT FREE. These low carb, flourless, high protein Brownies are guaranteed to satisfy everyone! 22 grams of protein has never tasted so delicious.

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OFF**

Use code **FEBNEWS20** online at CarbEssentials.net or present this coupon at a CarbEssentials Store location near you for 10% off your next product purchase.

*Must present coupon to redeem 10% off. Cannot be combined with any other offers. Can only be used once per customer. Redeemable at the following locations; Redding (Mon, Wed, Sat) & Chico (Tues, Thurs, Fri) ONLY. Coupon Expires 2/29/20

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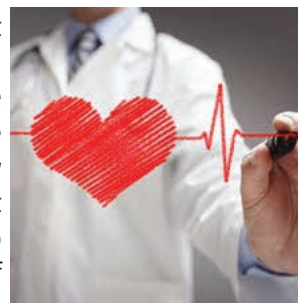


American Heart Month

The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

The American Heart Association recommends obese patients participate in a medically supervised weight loss program to reduce the risk of heart disease.



VALENTINE'S DAY SNEAL DEAL!

15% OFF sitewide!

Valentine's Day is celebrated with all sorts of decadent foods and loads of chocolate. This year instead save on your favorite sneals®! Enjoy **15% OFF** at online at CarbEssentials.net, Friday, February 14th on your purchase of \$75 or more! Shop online with coupon code **SNEALLOVE20** + enjoy free shipping!

LOSE YOUR LINES & PLUMP YOUR POUT!

Take advantage of our Aesthetics Day Friday, February 7th. You don't want to miss out on these amazing aesthetic deals! JUST \$11 per unit of BOTOX with a minimum of 25 units purchased. Purchase a full syringe of JUVEDERM at just \$550! Space is limited, call and schedule today at our Redding office 530-223-0216!