



Renewed Health Coaching

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Your Regenesisc Newsletter—Change made easy.

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February is Heart Health Month

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It makes sense that as we think about love this month that we also focus on our own heart health. Heart disease is the second leading cause of death in Canada. Heart disease effects women and men differently. Men are more likely to have heart attacks than women. Women also tend to be diagnosed later – about 10 years later than men. This month let's recommit to loving our heart. Here are some key areas to commit to for heart health:

1. Eating Heart Healthy Food— Heart healthy food contains lots of fiber. A daily recommendation is 30 grams of fiber daily. Focus on getting the following daily:

- Fruit – 2 servings (about ½ c. each)
- Nuts & seeds – 2 handfuls a day
- Vegetables – 3 servings (1 c. each)
- Beans – ½ - 1 c. daily

2. Eat Healthy Fat – Eating healthy fat helps improve circulation, brain and artery function. Eating more nuts and using extra virgin olive oil decreases cardiovascular disease without gaining weight. Sources of healthy fats include:

- Extra virgin olive oil (Please don't use for cooking as the smoke is toxic and the beautiful omega 3's are destroyed when heated.)
- Avocado oil (use for cooking as it has a higher smoke point)
- Nuts
- Seafood
- Avocados
- Dark chocolate (70% +)

3. Lean and clean protein – When choosing animal protein focus on organic, grass fed, free range and wild caught. All of these are high in healthy fats. A serving is considered the size of a deck of playing cards.

4. Keep stress in check – We know that stress is associated with heart disease. Take a minimum of 10 minutes in the morning and at night to focus on being calm and relaxed. Set a timer so you can appreciate the full time.

5. Enjoy moving your body – Moving your body in enjoyable ways daily is a key to ridding the body of bad fats. Focus on moving in ways that you love. Aim for 10,000 steps daily.

By taking some time to review and renew our commitment to heart health you will also be ensuring that you feel great and sexy, have lots of energy, concentration, and memory! Start out simple and keep adding heart health factors as you progress.

Understanding is the essence of love. Thich Nhat Hanh



Chocolate Mug Cake

Makes 1 serving (Vegan & Keto)

- 1 flax egg*
- 1 generous tablespoon coconut oil
- 3 tablespoon almond flour
- 1 tablespoon raw cacao or cocoa powder
- 1/4 teaspoon vanilla, optional
- stevia or sweetener, to taste
- 1/4 teaspoon baking powder

Instructions:

1. Whisk flax egg and liquid coconut oil in a mug or ramekin.
2. Add almond flour, cacao powder, vanilla and sweetener, stir well.
3. Add baking powder and stir, careful not to over mix. Microwave 80-120 seconds, depending on your microwave, until done. If using chocolate glaze, prepare during this time.

* flax egg, combine 1 tablespoon flaxseed meal with 2 -1/2 tablespoons water. Whisk well and let sit for 5 minutes before using.

If we have the courage to disinter dream, we are then faced by the second obstacle: love. We know what we want to do, but are afraid of hurting those around us... to pursue our dream...those who genuinely wish us well want us to be happy and are prepared to accompany us on that journey. Paulo Coelho

Chocolate Glaze

1 tablespoon coconut oil, liquid
2 tablespoons raw cacao or cocoa powder
Stevia or other sweetener to taste

Instructions:

1. Combine all ingredients while the cake is cooking and stir well. Pour over cake.



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The Heart Brain

It's fascinating to learn that we have more than one brain. We often think that the brain in our head is the only way we know, experience, and interpret the world we live. Most of my life I felt at odds with what I felt in my heart and what my head was telling me. I considered what my heart was telling me as emotional, intuitive and sensitive and my brain in my head as intellect, factual, and rational. However, the more I know about how the brain works and the heart, I realize that the brain in my head responds from the "Default Mode Network" (DMN) which is not based in rationality but rather fear rationalized.

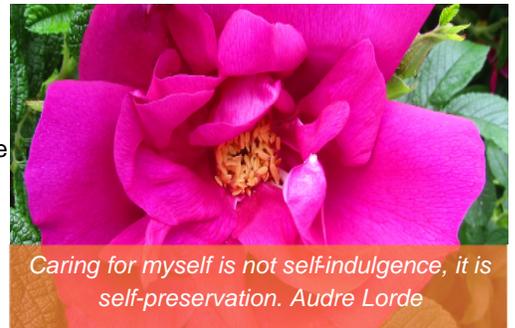
This DMN is always running and is set to keep safety as its main priority. It naturally fears change and wants routine. Its sole concern is survival. It is constantly alert and will always "rationalize" why it is better to not do something different. The heart on the other hand values connection, peace, and experiences that encourages our expansive capacity.

Science is now able to validate our heart intelligence or the "Heart Brain". The heart contains 40,000 neurons that can sense, feel, learn and remember. The heart has its own nervous system with not only neurons, but also neurotransmitters, proteins and support cells. The heart also has stem cells that are capable of self-renewing and generating coronary vessels and heart muscle cells. The information from our heart is sent out neurologically, biochemically, biophysically and energetically.

One way our heart brain is connected to our entire body is through the vagus nerve. The vagus nerve is responsible for relaying up to 90% of the information from the heart, organs, gut, and the "head brain". The heart uses the vagus nerve to send information to the head brain and the rest of the body through sinewave-like patterns. This is why our emotions have such a large impact on us. They are literally being translated into electrical pulses from the heart into the vagus nerve. The information from the vagus nerve tells the brain what neurotransmitters to produce (which effects how and what we think) and what hormones are released in the body. The vagus nerve also tells our organs how they should be functioning in response to our emotions.

For example, when we are uncomfortable or stressed our heart starts beating harder and faster, our blood pressure rises, then our digestive system goes off-line as energy is re-routed to our larger muscles so we can flee, fight or freeze to ensure survival. Our heart beats coherently when we experience calm, love, joy, compassion, and gratitude. This coherent heartbeat relays messages to lower our blood pressure, tells our stomach to digest food, lets our gut know that its ok to absorb nutrients from the food we digested, and ultimately, we are able to be creative, connect with others and our life experience, and make great decisions.

Our heart brain is essential for informing and guiding the head brain and the rest of the body as to what it needs to be doing. When we know that our head brain is set to a default mode network of fear and resisting change resulting in continued stress and anxiety we then can learn to employ strategies to use our heart brain to counter act the DMN. Using stress busting techniques and consistently making self-care a priority we can live from a place of regeneration, coherence, connection and true intelligence.



Caring for myself is not self-indulgence, it is self-preservation. Audre Lorde

Heart Health Quick Start Guide
Start to Immediately
Regenerate Your Heart Health
download your guide at
www.yourregeneration.com



A Free, Personal Session about Heart Health

- * **Questions about how to reduce your LDL quickly?**
- * **Questions about how to regenerate heart tissue?**
- * **Questions about medication & supplement interactions?**
- * **Questions about the fastest way to increase your energy?**
- * **Questions on how to boost your mood and positive thinking?**
- * **Questions on the easiest way to make habit change?**

**Live Question and Answer Session with
Registered and Licenced Health Coach,
Romy Pritchard**

When: February 16th from 12:30-1:30 pm

Where: Zoom or Facebook

Register at hearthealth@yourregeneration.com