HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

The Gut-Heart Link

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How does the Gut-Heart Connection Work?

The human gastrointestinal tract hosts over a hundred trillion bacteria, forming your 'biome,' the foundation of a healthy gut. This diverse microbial environment aids in food digestion, safeguards against infections and parasites, and metabolizes drugs.

An unbalanced biome may adversely affect various aspects of health, including heart health. Research suggests that specific changes in gut bacteria can lead to high blood pressure, low 'good' cholesterol, heart disease, and even heart attacks or strokes.

In February, American Heart Month, it's crucial to assess cardiovascular health and take measures for a long and healthy life.

Tips for improving gut and heart health:

1. **Nutrient-Rich Diet:** Include fruits, vegetables, healthy fats, whole grains, and lean proteins. Consult with our naturopathic doctors for personalized dietary advice.
2. **Regular Exercise:** Engage in moderate physical activity, like brisk walking or yoga, tailored to your fitness level and preferences.
3. **Stress Management:** Combat chronic stress with activities like meditation or deep breathing. Our naturopaths can guide you in effective stress management.
4. **Adequate Sleep:** Establish a consistent sleep schedule and relaxing bedtime routine for overall health, including heart health.

Supplements & other supportive therapies:

Consider a daily probiotic like Ultra Biotic Complete or UltraBiotic S by KHOSH to promote a healthy microbiome. Additionally, Omega-3s are crucial for heart health, and we recommend Omega+ by KHOSH.

Explore hyperbaric oxygen therapy, ozone therapy, IV NAD+ , or IV vitamin C as supportive measures. Consult our doctors to determine the suitability of these options.

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In nurturing the connection between your gut and heart, these proactive steps not only pave the way for a healthier life but also underscore the profound impact that holistic well-being can have on cardiovascular health.

Remember, your journey towards heart health is a personal one, and consulting with your medical provider remains pivotal for tailored guidance and support.

“Love is the spirit of life unto the adorned body of mankind, the establisher of true civilization in this mortal world, and the shedder of imperishable glory upon every high-aiming race and nation.” -`Abdu’l-Bahá

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