

Heart TALK

Heart-healthy and Stroke-free Living with Amy L. Doneen, MSN, ARNP

Vol 3 | OCT 2011

Six Tips for Natural and Ongoing Body Health

There seems to be a lot of recent news about the benefits of body detoxification. What many people may not know is that by implementing healthy living habits, the body naturally maintains a balanced state that makes detoxification unnecessary. Ellen Chow, MS, RD, CSSD, provides the following six healthy tips to live by.



- 1. Eat regularly and on time** — Eat every four hours to avoid high and low blood sugar.
- 2. Cut out sugars** — Avoid the inflammatory response from sugars and the cravings that follow.
- 3. Limit processed foods** — Reduce eating out, to-go meals, meal replacement bars, etc. Also try to avoid preservatives, artificial food coloring, and residuals from packaging material.
- 4. Increase fiber intake** — Eat more beans, legumes, and whole grains. Try to eat half a cup at most meals.
- 5. Use portion control** — Except for vegetables, keep each food to the size of the palm of your hand.
- 6. Exercise** — Try to implement 30 minutes of cardiovascular exercise five days a week. Brisk walking, low impact aerobics, and similar activities are perfect!



Important Reminders from Amy Doneen
MSN, ARNP

Wrapping Up 2011 and Planning Ahead for 2012

It's hard to believe that we're already nearing the end of 2011! If you have not yet had your annual IMT scan, it is important that you call Denise at (509) 747-8000 to schedule your scan.

Thinking ahead to 2012, it's time to plan for your continued membership in the new year. Membership cards will be sent out by postal mail in the next month. Please note that payment will not be requested until January.

However, we do ask that you please indicate your intentions for continuing your HASPC care during 2012. This allows us to predict how many new patients we will accept in the coming year.

As always, it is our top priority to provide each patient with optimal, one-on-one care. We hope you find value in our services and look forward to a continued partnership in 2011. ~ Amy Doneen

Cost / Benefits of Prevention

The American Heart Association evaluated the cost/benefit of various prevention efforts. The following are specific findings from this analysis.

Community Based Programs (physical activity, improve nutrition, prevent smoking) — ROI of \$5.60 per dollar spent w/in 5 yrs

Worksite Wellness Programs — Costs fall \$3.27 per dollar spent per year. Absenteeism falls by \$2.73 per dollar spent.

School-based Initiatives (healthy eating and physical activity) — Cost effectiveness is \$900 - \$4,305 per quality adjusted life year saved.

Building Bike and Pedestrian Trails — For every \$1 invested in building trails, \$3 is saved in medical costs.

Physical Activity Programs (pedometers and walking programs) — Incremental cost effectiveness ranging from \$14,000 - \$69,000 per quality of life year saved.

Reducing Sodium in Food Supply (goal of 1500mg/day per person of sodium) — \$26.2 billion in health care savings annually.

Obesity Management Programs — ROI of \$1.17 per dollar spent.

Tobacco Control and Prevention — A 40% tax-induced cigarette price increase would reduce smoking by 15.2%. By 2025 a total cost savings of \$682 billion would be achieved.



A Bowl of Hot Chili is Cool for Good Health

Prep time: 10 minutes
 Cook time: 10 minutes
 Makes 4 servings

A fast & fabulous meal!

Endgame Chili — A Recipe from Ellen K. Chow, MS, RD, CSSD

Sports and wellness nutritionist, Ellen Chow, reports that many active people and athletes believe a bowl of hot chili gives them just the right amount of complex carbohydrates and protein to fuel their busy schedules.

Try Ellen’s quick, easy, and healthy chili recipe. Enjoy!



Ingredients

- 1 cup dried kidney beans, reconstituted
- 1 can (14oz) low sodium crushed tomatoes
- 1 cup regular or baby carrots, sliced or shredded
- Dash of sea salt
- Chili powder to taste

Optional:

- * A package of extra firm tofu, in bite-size cubes -or- 8oz ground turkey
- * Vegetable or chicken broth
- * Low fat mozzarella cheese, shredded

Directions

1. Reconstitute dried beans the night before cooking (or use canned beans)
 2. In a medium to large pot, add kidney beans, crushed tomatoes, and carrots over medium heat; add broth if a thinner chili is desired
 3. Bring to boil, add tofu and simmer for 5 minutes
 4. Serve hot — add low fat cheese if desired
- Note:** Select organic products for any or all of the ingredients as desired.



Every woman should read.

Recommended Book for Women — “Outliving Your Ovaries”

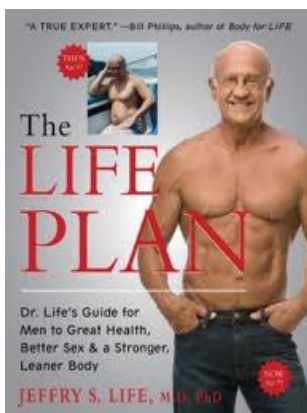
by Dr. Marina Johnson

The book, *“Outliving Your Ovaries: An Endocrinologist Weighs The Risks And Rewards Of Treating Menopause With Hormone Replacement Therapy,”* provides break-through, new menopause research. With insights from treating over 100,000 female patients over 29 years of practice, Dr. Johnson’s book uncovers the tragic consequences of estrogen deficiency and the joy of transformation that occurs when a woman is made whole again.

To buy the book: <http://amzn.to/npoCxT>

Dr. Johnson Comments on Amy Doneen

“As a co-developer of the Bale/Doneen Method, Amy Doneen provides clinicians an innovative, comprehensive strategy for prevention of heart attacks, strokes and diabetes. Her Method is supported by an ongoing review of the current medical literature and her decades of clinical experience. Her commitment to patient education is a key element that enhances efficacy and patient compliance. The Bale/Doneen Method has become a cornerstone of my endocrinology practice.” ~ Quote about Amy Doneen provided by Marina Johnson, M.D., Endocrinologist



Any man can achieve lasting health, great sex, and a stronger, leaner body.

Recommended Book for Men — “The Life Plan”

by Dr. Jeffrey Life

People who meet Dr. Life often wonder how a seventy-two-year-old doctor can have the body of a thirty-year-old. The photo on his book cover is very real and you can look just as good as he does when you take control of your health.

Back in 1998, Dr. Life was sixty years old and a stereotype of the aging man. He was overweight and had little muscle tone. More than a decade later, Dr. Life looks and feels much younger than his years. He knows that if he can make these changes to his body, his

sex life, and his health, that any man can. His revolutionary book shows how you can turn around your health using the very same program he successfully created and follows to this day. Buy the book here: <http://amzn.to/rrd5fi>

Dr. Life’s Thoughts on Amy Doneen

“The Bale/Doneen Method has played a pivotal role in my own healthy aging journey. Amy Doneen is a brilliant clinician and by far one of the best teachers I’ve encountered in my medical career.” ~ Quote about Amy Doneen provided by Jeffrey Life, M.D., Family Practitioner and Age Management Physician